MINORS IN GYM: Health clubs offer grown-up workouts for kids | Page 43



APUBLICATION OF The Washington Post | LIVE ALL DAY AT WWW.READEXPRESS.COM | SEPTEMBER 17, 2008 | >FREE«

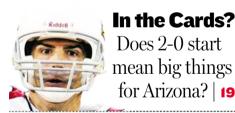
Wednesday

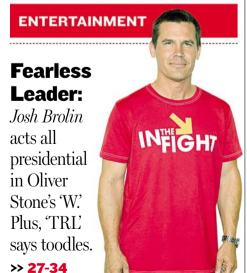


The fate of insurer AIG remains a key concern.

Markets Hold: Wall Street stages a tentative rebound | 3

Gun Rules Eased: Council relaxes D.C.'s restrictions | 11







Texans Allowed to 'Look and Leave'

WRECKED: Korkie Smith looks at the remnants of her neighbor Renee Napier's house in the aftermath of Hurricane Ike in Baytown, Texas. In decimated Galveston, officials allowed residents to "look and leave," meaning those who showed photo IDs could return to gather belongings and assess damage.
Exit strategy: Holdouts are pressed to leave ravaged Bolivar Peninsula | Page 4

FDA OKs **Chemical In Plastic**

Assessment comes as study links BPA to several illnesses

WASHINGTON | With scientists at odds over the safety of a chemical found in plastic baby bottles, metal cans and other food packaging, consumers got minimal guidance Tuesday about how to protect themselves.

At a scientific hearing, the Food and Drug Administration defended its assessment that bisphenol A — or BPA — is safe, even as the first major study of health effects in people linked it with possible risks for heart disease and diabetes.

More than 90 percent of Americans have traces of BPA in their bodies, but the FDA says the levels of exposure are too low to pose a health risk, even for infants and children.

However, a study released Tuesday by the Journal of the American Medical Association suggested a new concern about BPA. Because of the possible public health implications, the results "deserve scientific follow-up," the study authors said. Using a health survey of nearly 1,500 adults, they found that those exposed to higher amounts of BPA were more likely to report having heart disease and diabetes.

FDA officials said they are not dismissing such findings, and conceded that further research is needed. (AP)



ARE YOU WORRIED ABOUT EATING OR DRINKING FROM PLASTIC CONTAINERS? (A YES (5) NO.







FRIDAY

POOR RECEPTION

Groom Cuts Guest, Wedding Cake

A man is accused of throwing a knife at his wedding and injuring a young man wrapped in duct tape. Matthew J. Willi, 46, is charged with felony second-degree reckless endangerment and misdemeanor endangering safety with a dangerous weapon. The criminal complaint says the victim was with some 17-year-old friends and with Willi's son. The two youths played with wooden swords, which split at one point. A friend wrapped the victim's upper body in duct tape and someone commented he looked like a pinata. Willi then allegedly grabbed a handful of knives at a house. The complaint says Willi threw one, hitting the victim in the upper chest. He was charged Sept. 11. (AP)

BATHROOM BREAKTHROUGH

Relax, Mr. Whipple, **Paper Still on Roll**

If two-ply toilet paper is good, then three-ply tissue must be better. At least that's what toilet-paper researchers in northeastern Wisconsin hope. Yes, there is such a thing as a toilet-paper researcher. And a team of them at Georgia Pacific's Innovation Institute in Neenah has come up with a threeply version of its Quilted Northern product. The company touts the toilet tissue as "ultra-soft" and says it plans to market the product to women 45 and older who view their bathroom as a "sanctuary for quality time." Industry analyst Bill Schmitz is skeptical. He said extra layers make toilet paper stronger, not softer, although he said Georgia Pacific may have added extra fibers for softness. (AP)



ART AUCTION

Nature Bristles

Paintings featuring the brush strokes and paw prints of animals such as snow leonards and sea lions from zoos across the nation were to be sold online Tuesday to raise money for zoo conservation efforts. The sale is part of an online auction at Auctionnetwork.com to raise money for zoo conservation efforts. Zookeepers have long used painting as a way to mentally stimulate animals. Animal artwork also has been sold for some time and for surprising amounts of money. (AP)

INTRODUCTIONS

Like Sunny and Cher

London's Trafalgar Square routinely serves as a stage for mimes, jugglers and other acts, but the tourist attrac-

tion drew an exceptionally curious crowd Tuesday when the shortest man who can walk met the woman with the longest legs. He Pingping of China stands precisely 2 feet, 5.37 inches tall. He called Syetlana Pankratova's legs

"very beautiful." Dressed in a brightblue mini-dress and low-heeled pumps, Pankratova, 36, said she liked her nearly 52-inch legs, though they can complicate things. "It's hard to find clothes, especially pants," she said. (AP)

STUNNING VIEWS THAT ADMIRE US BACK



MAKE THEM ENVIOUS. TAKE IN STUNNING DC VIEWS • ENJOY A ROOFTOP POOL AND FITNESS CENTER • COME HOME TO GOURMET KITCHENS AND ELEGANT BATHS • LIVE JUST STEPS FROM THE BALLSTON METRO

> **BRAND NEW APARTMENT HOMES IN BALLSTON MOVE IN TODAY • CALL FOR CURRENT INCENTIVES**

KODIAK





After 40 Years... It's The End Of An Era For Washington's Best Kept Secret... It's Harper's...

Entire Stock Of Quality Clothing And Sportswear For Women Including All Our New Fall Arrivals Now

Tahari, Foxcroft, Larry Levine, Kasper,

August Silk, Rafael, Chaus, Focus And More!

EVERYTHING MUST BE LIQUIDATED!

454 L'enfant Plaza S.W. • Washington, DC • (202) 554-5014 Conveniently located on the Orange, Blue, Yellow & Green Lines **Open Mon-Fri 9:30-6** • Due to the nature of this sale, all sales are final.

Adapt you.

"Personal Tech" can give you cool and useful tools. Mondays.

express

818 N. Quincy Street | Arlington, VA 22203 | 571.483.4222 | LibertyTowerApt.com



"Too many people on Wall Street have been recklessly wagering instead of making the sound investments we expect of them."

-Sen. John McCain, speaking on the economy Tuesday at a campaign rally in Tampa, Fla.

Nation



DAILY DIARY | WASHINGTONPOST.COM

THE ECONOMY

Corporate Qualifications

Former Hewlett Packard CEO Carly Fiorina amended her comments from early Tuesday that Alaska Gov. Sarah Palin could not run a major corporation like HP. How? By saying that Sen. John McCain couldn't run one, either.

In an interview on NBC, Fiorina, a McCain adviser was asked about her comment. In response, she said, "Well, I don't think John McCain could run a major corporation."

 $\hbox{``I don't think Barack Obama could run}\\$



Fiorina

amajor corporation. I don't think Joe Biden could," she added. "But it is not the same as being the president or vice president of the United States. It is a fallacy to suggest that the

country is like a company, so, of course, to run a business, you have to have a lifetime of experience in business, but that's not what Sarah Palin, John McCain, Barack Obama or Joe Biden are doing."

Fiorina's comment was the second gaffe for a McCain staffer Tuesday. Earlier, Doug Holtz-Eakin suggested that McCain created the BlackBerry, a statement that was later called "boneheaded" by a McCain spokesman. MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the-minute updates from the campaign trail, visit blog.washingtonpost.com/the-trail

AIG Seeks the Funds to Carry On

Insurer tries to avoid bankruptcy in critical meetings with the Fed

NEW YORK | Its future in the balance, American International Group Inc. huddled Tuesday with Federal Reserve officials to find the cash the huge insurer needs to stay in business and avoid igniting more global financial turmoil.

Meetings at the New York Fed, which is the Fed's point bank on financial crises, were carrying on into the late evening. As talks went on, AIG shares rallied off intraday lows, though investors still remained worried there would be no assistance for the company.

Fed spokeswoman Michelle Smith said she could not make any comment on reports that the Fed was prepared to offer AIG a loan.



Shares of American International Group Inc. fell Tuesday as investors questioned whether the huge insurer would come up with enough money to stay in business.

AIG shares closed down \$1.01, or 21.2 percent, at \$3.75, rebounding from an earlier low of \$1.25. Its shares have traded as high as \$70.13 during the past year.

New York-based AIG operates a range of insurance and financial services businesses ranging from property, casualty, auto and life insurance to annuity and investment services. Those operations are considered healthy, and policy-holders would likely be covered even if AIG were to file for bankruptcy protection, said Donald Light, a senior analyst with Celent.

The problems at AIG stem from the more exotic financial products it offers, including some that insure risky debt and bonds against default. A failure by AIG would send shock waves through an already battered financial system because of how many banks and other financial firms that have exposure to AIG through complex insurance contracts.

"It might not just bring down other financial institutions in the U.S. It could bring down overseas financial institutions," said Timothy Canova, a professor of international economic law at Chapman University School of Law. (AP)

Barclays Close to Lehman Bros. Deal

Source: British bank wants to buy parts of bankrupt finance firm

NEW YORK | British bank Barclays PLC plans to unveil a plan to acquire all or part of Lehman Brothers Holdings Inc.'s investment banking and trading operations, a person close to the talks said Tuesday.

The deal, which was expected to



The future of Lehman Brothers is uncertain after its bankruptcy filing.

be announced by early Wednesday, would throw a lifeline to more than 9,000 Lehman employees whose future was uncertain after Lehman filed for bankruptcy protection on Monday. Lehman collapsed from massive exposure to risky real estate holdings.

Barclays President Robert Diamond has addressed Lehman investment bankers to inform them of his company's intentions, this person said. He spoke on condition of anonymity because a final agreement had yet to be reached.

The third-biggest bank in the U.K. had withdrawn from weekend talks with Lehman Brothers about a possible outright acquisition. There have been reports that Barclays can pick up the assets it wants for about \$2 billion to \$3 billion.

Also on Tuesday, the House Oversight and Government Reform committee said it would hold a hearing Sept. 25 to examine the "regulatory mistakes and financial excesses" that led to Lehman's bankruptcy filing. Joe Bel Bruno (AP)



MARYMOUNT UNIVERSITY



Students at Marymount can count on rewarding field experiences and personal attention from expert faculty."

DR. SHELLY HASER Chair, Department of Education

Choose a profession that makes a difference! Explore Marymount's highly regarded graduate programs in Education and Human Services.

Master of Education

Elementary Education, Secondary Education, English as a Second Language, Learning Disabilities, and Catholic School Leadership

• M.A. in Counseling

Community Counseling, School Counseling, and Pastoral Counseling

. M.A. in Forensic Psychology

Attend an Information Session
Saturday, September 20 - 10 a.m.
MU's Ballston Center • 1000 North Glebe Road

MARYMOUNT UNIVERSITY

ARLINGTON, VIRGINIA

RSVP: (703) 284-5902 www.marymount.edu

Struggling with Weight?

You don't have to do it alone.



- Investigational medication for obesity
- Nutrition & lifestyle counseling at no cost
- Overweight, at least 30 lbs.

Washington Center for Weight Management & Research

Domenica Rubino, MD

703-807-0037

washingtonweightresearch@gmail.com
DC/VA/MD metro accessible location

Nation



TOP DOG: Would that be 560 in dog years? An 80-year-old building that once housed a Milk Bone dog biscuit factory has been granted historic status as a New York City landmark.

Texas Mulls Drastic Action

People who braved Ike may be forced to leave because of damage

GALVESTON, TEXAS | The few hundred holdouts on Texas' ravaged Bolivar Peninsula will be required to leave in the next few days, and officials said Tuesday they are ready to use emergency powers to empty the barrier island scraped clean by Hurricane Ike.

Judge Jim Yarbrough, the top elected official in Galveston County, said the roughly 250 people who defied warnings that they would be killed if they rode out the storm in the rural coastal community are a "hardy bunch," and there are some "old-timers who aren't going to want to leave."

The Texas attorney general's office is looking into the legal options available to force the remaining residents to leave, Yarbrough said. Local authorities are prepared to do whatever it takes to get residents to a safer place.

The sliver of land is just too damaged for residents to stay there, and the population must be cleared so recovery can begin, officials said. With no gas, no power and no running water, there is also concern about the spread of disease.



Keith Rienhart walks through downtown Galveston, Texas, during search and rescue efforts Tuesday. The town has limited water and sewer services, and no power.

Entire neighborhoods on Bolivar Peninsula — home to about 30,000 people during the peak of the summer vacation season — were simply wiped away by Ike's storm surge.

Elsewhere in hard-hit southeast Texas, some residents were being allowed back into emptied communities to dig through their demolished homes — but only briefly.

Across Galveston Bay, Galveston Mayor Lyda Ann Thomas said residents can "look and leave" during daylight hours. Security was tight, and checkpoints would block anyone without a photo id saying they were a Galveston resident from coming in.

Thomas also said the estimated 15,000 people still living on Galveston Island are encouraged to leave, since the city has only limited water and sewer service, and no electricity.

"We have a blossoming health and medical concern," Thomas said. "We are not going to go into somebody's house and drag them out. But they need to consider the risks of staying here." JUAN A. LOZANO (AP)



It Can't Get BIGGER Than This!

Get Lingo Digital Phone Service.



Talk Big! Save Big!

Over \$100 Instant Savings!

- ✓ FREE First Month*
 (\$21.95 value)
- ✓ FREE Shipping (\$14.95 value)
- ✓ FREE Activation (\$29.95 value)
- ✓ FREE Equipment (\$50 value)

UNLIMITED Local & Long Distance Calling. **UNLIMITED** Calls to 22 Countries.

Hurry! Limited-time offer expires 9/30/08!

Try Lingo 30 Days Risk Free.

1-866-287-2503 lingo.com

High-speed Internet connection, Lingo adaptor (included free of charge), and online billing required. 30-day risk free offer refunds paid activation fee. *First month free promotion will be given as a bill credit towards the monthly subscription charge (all other applicable fees and taxes still apply). Not combinable with any other promotions. Offer ends 9/30/08.

COMING September 17th...

The Dexpress Com NEWSLETTER

Get all you need to plan your weekend with a weekly newsletter that combines the best picks from our Top Stops blog with special hints, tips and giveaways. That means the latest on music, film, theater, restaurants and more, plus exclusive access to offers like free tickets and coupons.

Featured This Week-

Click on the MARTINI Newsletter prompt!



Enter to WIN FREE TICKETS to:

- The Kennedy Center The Arlington Cinema & Drafthouse
- The Montgomery Cinema & Drafthouse The State Theater
- Washington Improv Theater
 Baltimore Symphony Orchestra
- Live Nation Presents Kathy Griffin

Just log onto: ExpressNightOut.com for all of the details





Classes to spark your imagination and invigorate your career.

It's not too late

to register for

our Fall Term

and Weekend

Register online today at

grad.usda.gov/evening

or call (888) 744-GRAD.

of Evening

Classes!

- Business and
 Management
- Communications,
 Editing and Writing
- Foreign Languages
- Graphic Arts and Photography
- Information Technology
- Mathematics and Statistics
- Natural History
- Paralegal Studies
- Social Sciences
- Test Preparation

Nation



MISSING LOOT: Minneapolis police are searching for a woman who apparently drugged a Republican National Convention delegate and stole \$50,000 worth of items from his hotel room.

Lawsuit Fights Palin Probe

Republican lawmakers argue investigation of trooper firing is biased

JUNEAU, ALASKA | Five Republican state lawmakers filed suit Tuesday to end the bipartisan investigation into Alaska Gov. Sarah Palin's firing of the public safety commissioner even though the vice presidential candidate once said she welcomed the probe into allegations of abuse of power.

The lawsuit called the investigation "unlawful, biased, partial and partisan." None of the lawmakers who filed the suit in Anchorage Superior Court serves on the bipartisan Legislative Council that unanimously approved the investigation.

The scandal known as "Trooper-



Alaska Gov. Sarah Palin is fighting a state investigation she once welcomed.

gate" gained national attention after Republican presidential candidate Sen. John McCain chose Palin as his running mate. Since then, Palin and the McCain campaign have sought to distance Palin from the controversy and have taken actions that could slow its resolution until after the November election.

Palin fired public safety commissioner Walt Monegan in July. Weeks later, it emerged that Palin, her husband, Todd, and several high-level staffers had contacted Monegan about state trooper Mike Wooten, who had gone through a nasty divorce from Palin's sister before Palin became governor. While Monegan says no one from the administration ever told him directly to fire Wooten, he says their repeated contacts made it clear they wanted Wooten gone.

Palin maintains that she fired Monegan over budget disagreements, not because he wouldn't dismiss her former brother-in-law. Still, she said in July that she'd welcome and cooperate with the investigation. "Hold me accountable," she had said. STEVE QUINN (AP)





EVERY DAY

Urban Lifestyle Safeway Now Open

A Safeway right downstairs, geared toward the unique shopping needs of urban living downtown. Fresh produce as well as prepared foods. Starbucks and Bergmann's Cleaners inside. It's a Safeway that fits your urban lifestyle.

THE K AT CITYVISTA NOW OPEN LIVE IT TODAY FROM THE \$300s VISIT OUR OPEN HOUSE THIS WEEKEND

202.640.1023 | CityVistaDC.com



97

The percentage of U.S. teens who play video games, according to a poll by the Pew Internet & American Life Project. About 94 percent of girls said they play, compared to 99 percent of boys.

Nation

Grizzlies Thriving in Mont.

Study: State's bear population is highest in more than 30 years

WASHINGTON | The majestic grizzly bear, once king of the Western wilderness but threatened with extinction for a third of a century, has roared back in Montana.

The finding, from a \$4.8 million, five-year study of grizzly bear DNA criticized by Republican presidential candidate Sen. John McCain as pork barrel spending, could help ease restrictions on oil and gas drilling, logging and other development.

Researchers with the U.S. Geological Survey announced Tuesday that there are approximately 765 bears in northwest Montana. That's the largest population of grizzly bears docu-



A grizzly bear rubs its back against a tree in Montana's Glacier National Park.

mented there in more than 30 years, and a sign that the species could be at long last rebounding.

The first-ever scientific census shattered earlier estimates that said

there were at least 250 to 350 bears roaming the area. More recent data placed the minimum population at about 563 bears.

The study was backed by Montana ranchers, farmers and Republican leaders as a step toward taking the species off the endangered species list. Since 1975, the bear has been threatened in the lower 48 states, a status that bars hunting and restricts any kind of development that could diminish the bear's population.

"If it is going to remove it from the list, it is money well spent," said former Montana governor Judy Martz, a Republican, McCain supporter and backer of the research. When asked about McCain's stance, Martz said, "unless you live among these issues, it is pretty hard to understand what is going on." DINA CAPPIELLO (AP)



Tried everything and still can't lose belly fat?



The Solution

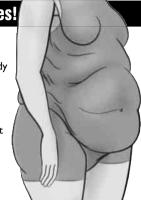
Come to our seminar and learn how to get FASTER results without putting out so much effort! **WORK SMARTER**

Look and feel good in your clothes!

What Makes Us Different?

- We tailor-make the plan according to your body type.
- You will learn WHY your exercise has not been working and what to do about it!
- It's get HEALTHY to lose weight, not lose weight to get healthy!

It's NOT your age, it's not even your willpower—it's your missing UNDERSTANDING on how to burn fat!

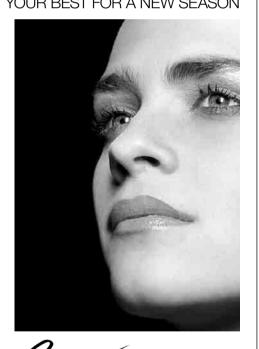


Free Semina<u>r, Call 703-354-7336</u>

This information is based on the new book
—The 7 Principles of Fat Burning by Eric Berg
DC, in bookstores everywhere. The FREE Fat
Burning Tracker Coach includes 1 month use of
our online weight loss software valued at \$36.

Speaker: Eric Berg, DC DrBergWorkshop.com

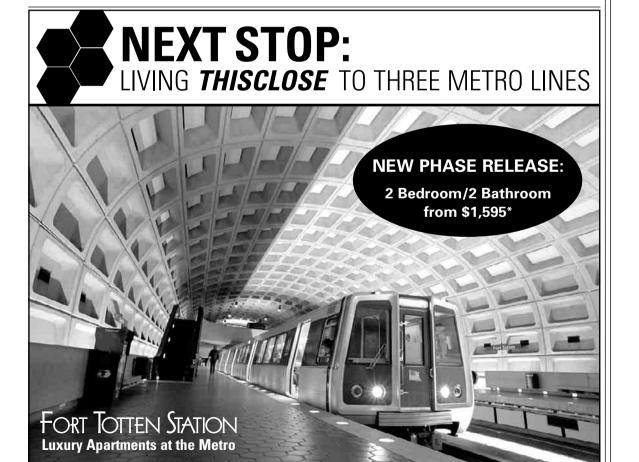
FALL BEAUTY CARE



THE SALON AT LORD & TAYLOR
CHOOSE ANY TWO FOR \$100
• DERMALOGICA® FACE TREATMENT
• MANICURE & PEDICURE
• SHAMPOO, CONDITIONING TREATMENT,
HAIRCUT & STYLE

SINGLE PROCESS COLOR

5255 WESTERN AVENUE NW, SECOND FLOOR, WASHINGTON-CHEVY CHASE OR CALL 202 362 7814 OFFER VALID WITH SELECT TECHNICIANS. NOT VALID WITH OTHER DISCOUNTS OR PROMOTIONS. LONG HAIR ADDITIONAL. OFFER ENDS SATURDAY, NOVEMBER 1ST.



Elegant baths with spa-style soaking tubs • Oversize windows • Gourmet kitchens Two-Bedrooms from \$1,595* • Studios and One-Bedrooms also available

BRAND NEW APARTMENTS NOW ARRIVING

FortTottenStation.com • 888.802.5998

*Only on select units. See Sales Manager for details. Average monthly rent including concessions. Short-term lease available.





World



POSTMORTEM CONTRIBUTION: Scientists have exhumed the body of British diplomat Sir Mark Sykes, who died of the Spanish flu in 1919, the BBC said Tuesday. Researchers took tissue samples from Sykes' body in hopes of finding clues to help fight a future global influenza outbreak.

In Brief



Georgian President Mikhail Saakashvili speaks in Tbilisi, Georgia, Tuesday.

TBILISI, GEORGIA

Georgia: Recordings Show Moscow Invaded Territory

In a bid to portray Russia as the aggressor in last month's war, Georgia has released recordings of what it says are two intercepted cell phone calls purporting to show that Moscow invaded before Georgia's offensive against South Ossetia. President Mikhail Saakashvili hopes they will help dispel a dominant narrative that says his country was on the attack. (AP)

WASHINGTON

U.S.: N. Korea Tested Engine On Long-Range Missile

North Korea tested the engine on a long-range missile at its new missile launch test site several months ago, a U.S. official said Tuesday, on condition of anonymity. It is the first acknowledged use of North Korea's new larger West Coast missile launch facility, first reported last week by The Associated Press. (AP)

Odierno Succeeds Petraeus in Iraq

New top American commander expected to build on recent gains

BAGHDAD | Gen. David Petraeus, whose strategy for countering the Iraq insurgency is credited by many with rescuing Iraq from all-out civil war, stepped aside Tuesday as Gen. Ray Odierno took over as the top U.S. commander of the conflict.

At a change-of-command ceremony attended by top Iraqi and American military and civilian officials, Petraeus said Odierno's skills and experience make him "the perfect man for the job."

With Defense Secretary Robert Gates presiding at the ceremony in a cavernous rotunda of a former



Gen. David Petraeus, left, congratulates Gen. Ray Odierno on his new position as the top American commander in Iraq at a ceremony in Baghdad, Iraq, Tuesday.

Saddam Hussein palace outside Baghdad, Petraeus handed over the flag of his command, known as Multi-National Force Iraq, to Odierno and then bade farewell.

Petraeus said the insurgents and militia extremists who have created such chaos in Iraq over the past five years are now weakened but not yet fully defeated. He noted that before he took the assignment in February 2007 he had described the situation as "hard but not hopeless."

He thanked his troops for having "turned 'hard but not hopeless' into 'still hard but hopeful."

Because of Odierno's previous experience in Iraq, he is generally expected to be able to continue building on the gains made under Petraeus' command. ROBERT BURNS (AP)

8 Killed During Mexican Celebration

2 grenade blasts injure 100 at event to mark Independence Day

MORELIA, MEXICO | Assailants threw two grenades into a crowd of Independence Day revelers, killing eight and injuring more than 100 in an attack that escalates the war between Mexico's army and drug gangs.

The grenades shattered a familyfriendly gathering of thousands in the cobblestone streets near where President Felipe Calderon grew up. He pledged an immediate military



Rescuers assist injured people after grenades exploded in Morelia, Mexico.

response Tuesday.

The attack came during the traditional shout for independence Monday night, when two grenades exploded simultaneously in the crowd.

At first, the throngs of families thought the explosions were part of the fireworks display. Then, thick, black smoke rose from the crowd, the cathedral's bells fell silent and and people started screaming. As the crowd cleared, rescuers attended to the wounded and dead.

There were no immediate claims of responsibility, and authorities made no arrests. TRACL CARL (AP)

Nigerian Arrested Over Wives Claim

TABUJA, NIGERIA | Police in northern Nigeria have arrested a Muslim preacher who claims 86 wives and 107 children, charging him with breaking Islamic laws governing marriage.

Authorities detained Mohammed Bello Masaba, 84, on Monday after an order from northern Niger state's Islamic court, according to police spokesman Richard Oguche. The preacher was charged with "infringing on Islamic laws," Oguche said. Muslim principles forbid men to take more than four wives. (AP)

3.60% APY* 12 months

With FDIC insurance up to \$50 million,** your CD account is in safe hands.

"Very dainty, ladylike, safe hands."





The number of Afghan civilians who have been killed so far this year in attacks by insurgents or U.S.- and NATO-led forces, according to the United Nations.

World

ALZHEIMER'S ODESN'T JUST STEAL THE PAST

Every 71 seconds, someone develops Alzheimer's, even affecting people in their 30s, 40s and 50s. Think of all the special moments that could be taken from you

CFC# 49577

alzheimer's 95

Now is the time to ACT To learn more, go to alz.org.

IT CAN STEAL YOUR FUTURE.

Pakistan Firm on Defense

Adm. Mullen visits as Pakistan's military vows response to raids

ISLAMABAD, PAKISTAN | Pakistan's army said Tuesday that its forces have orders to open fire if U.S. troops launch another raid across the Afghan border, raising the stakes in a dispute over how to tackle militants hiding in Pakistan's wild border zone.

The dramatic vow to defend the country's sovereignty underlined the lack of a common strategy between key allies in the seven-year war on terrorism. It also overshadowed efforts by civilian leaders in Pakistan to defuse the dispute with diplomacy.

Adm. Mike Mullen, the top U.S. military officer, arrived in Pakistan on Tuesday night for meetings with civilians and military leaders amid the increased tensions.

Pakistani leaders were embarrassed by a highly unusual Sept. 3 ground attack by American commandos into South Waziristan,



A Pakistani soldier mans a machine gun in Bajur, Pakistan, on Tuesday. Pakistan's army has ordered its forces to open fire if U.S. troops launch a cross-border raid.

a base for Taliban militants killing ever more U.S. troops in Afghanistan.

Some observers warned that the threat to respond with lethal force sequences of alienating Pakistan's chief benefactor — both to the military and its struggling economy would stay the army's hand.

The orders were disclosed by

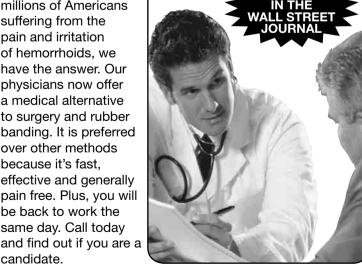
HEMORRHOIDS in the event of another incursion army spokesman Maj. Gen. Athar **NOT GOING AWAY?** should be taken seriously. Abbas in an interview with The But others forecast that the con-Associated Press. STEPHEN GRAHAM (AP) **Introducing the Painless Non-Surgical solution**

If you're one of the millions of Americans suffering from the pain and irritation of hemorrhoids, we have the answer. Our physicians now offer a medical alternative to surgery and rubber banding. It is preferred over other methods because it's fast, effective and generally pain free. Plus, you will be back to work the

same day. Call today

HEMORRHOID

candidate.



For more information or to schedule an appointment call:

1-800-230-0786 now.

www.seekrelief.com Covered by most insurance and Medicare.

LOCATIONS IN MARYLAND AND VIRGINIA.

IF YOU HAVE IRRITABLE BOWEL SYNDROME, YOU ARE NOT ALONE

Chevy Chase Clinical Research is conducting a clinical research study for men and women who are 18 to 75 years of age and experience the abdominal pain and discomfort of diarrhea-predominant irritable bowel syndrome (IBS-d).

Qualifying participants will receive the following at no cost:

- Study-related medical exams
- Study-related laboratory tests
- Study medication

If you are experiencing abdominal pain and diarrhea, you may be eligible for this clinical research study. Health insurance is not required and you may be compensated for your time and travel.

For more information or to see if you pre-qualify for this research study, please call Chevy Chase Clinical **Research** at 301-652-5520.



This research study is being conducted at Chevy Chase Clinical Research. All studies are conducted in accordance with an approved protocol, clinical study conduct guidelines, regulations and ethical principles. Participant confidentiality is strictly adhered to and all participation is strictly voluntary



HOWEI TOWN

Thursdays, 5:30–7:30 p.m. September 18–December 18, 2008*

To celebrate *Richard Avedon: Portraits of Power*, the Corcoran's Café des Artistes presents Power Hours on select Thursday evenings through the run of the exhibition. Enjoy two glasses of highly rated wines along with a cheese and hors d'oeuvres platter. Call (202) 639-1786 for more details.

\$25 per person includes admission to the exhibition

*NOT OFFERED OCTOBER 9 OR THANKSGIVING DAY



Washington, DC 20006 www.corcoran.org

Travel smarter

Tips and inside info.
Travel.
Wednesdays in Express.



A publication of The Washington po



World



Chinese parents hold cases of tainted Sanlu infant milk formula, which is blamed for killing two babies and sickening 1,200 babies, in Wuhan, China, on Tuesday.

Chinese Product Scandal Widens

Tainted baby milk formula was exported, Chinese media report

BEIJING | China's latest product safety scandal — tainted milk formula blamed for killing two Chinese babies and sickening 1,200 — expanded to include more foods Tuesday, with state media reporting some formula produced by companies involved was exported.

State broadcaster CCTV reported on its evening newscast that a nationwide inspection of the 175 Chinese companies making baby milk powder showed that 22 of them had traces of the industrial chemical melamine in their products.

One company, Guangdongbased Yashili, exported its products to Bangladesh, Yemen and Myanmar, CCTV said, but added that initial testing of samples of the company's exports turned up no trace of melamine.

In Hong Kong, food inspectors ordered a recall after melamine was found in an ice cream bar made by Shanghai Yili AB Foods. The amounts of the chemical found "would not pose major health

The number of men who have been arrested in connection with the tainted products, according

to the Xinhua

News Agency.

effects from normal consumption of the bar; however, small children should not eat it," the Center for Food Safety said on its Web site.

The widening scandal is the second major case in recent years involv-

ing baby formula. In 2004, more than 200 Chinese infants suffered malnutrition and at least 12 died after being fed phony formula that contained no nutrients. TINI TRAN (AP)

HEARSAY | ALLIANCES



"I trust [Mugabe] is committed to this agreement. I trust he wants this deal as much as we do."

-MORGAN TSVANGIRAI,

ZIMBABWE'S PRIME MINISTER-DESIGNATE, ON PRESIDENT ROB-ERT MUGABE'S COMMITMENT TO A POWER-SHARING DEAL, ON TUESDAY. TSVANGIRAI SAID HE GENERALLY DOES NOT TRUST MUGABE "BECAUSE OF THE EXPERIENCE I HAVE HAD WITH HIM." The amount, in thousands of dollars, CSX Transportation Inc. has agreed to pay the District of Columbia as part of a settlement stemming from a train derailment that spilled coal into the Anacostia River last year.

Local

WASHINGTON | BOMB THREAT NEAR METRO STATION



SKETCHY INDIVIDUAL: Bomb squad personnel dismantle a suspicious parcel on Irving Street NW Tuesday. The figure, which appeared to be a polar bear in clothing, was stuffed with newspaper and turned out not to be a bomb. The situation shut down the Columbia Heights Metro station for two hours.

Tax Scam Details Unveiled

Ex-District worker pleads guilty to money laundering, wire fraud

A former mid-level manager in the D.C. tax office pleaded guilty Tuesday to charges of wire fraud, money laundering and tax evasion, admitting that she played the central role in draining the District government of nearly \$50 million over two decades.

Harriette M. Walters, 51, answered questions firmly as U.S. District Judge Emmet G. Sullivan went through the plea agreement. Under the terms of the plea deal, Walters can be sentenced to between 15 and 18 years in prison. Walters said she was pleading guilty

QUITE THE RACKET

The details of Harriette Walters' extravagant spending, according to prosecutors:

- → She issued at least 236 fraudulent property tax refund checks from 1989 through 2007, when the scam was uncovered, stealing \$48.1 million.
- → Walters doled out gifts, cash and checks to her co-workers. She wrote them \$1.2 million in checks between 2001 and 2007.
- → Walters made 28 trips to Las Vegas, where she paid for a friend's wedding in 2006, visited Atlantic City 13 times and financed a family vacation to Paris in August 2005.

because she was "taking full responsibility" for what happened. "It was in my best interest to take this plea agreement," she said. "It will give me the opportunity to get out of prison and go home and see my family. It also gives myself a chance to repay" the stolen money.

In closing a major chapter of the largest embezzlement scheme in D.C. government history, federal prosecutors released new details about how the swindle began and how it escaped detection for so many years. A 114-page "statement of facts" laid bare systemic corruption within the tax office as far back as the mid-1980s, even before Walters, then a relatively new employee, started her thievery.

The Lotteries

Tuesday, Sept. 16

DISTRICT

Mid-day Lucky Numbers	5-4-0
Evening Lucky Numbers (Mon.)	5-5-6
Mid-day DC 4	8-2-9-5
Evening DC 4 (Mon.)	2-3-4-9
Rolling Cash Five (Mon.) 8-12	2-20-21-32
Daily 6 (Mon.) 4-5-15-27-32-35	Bonus: 20

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	3-3-9
Evening Pick 3 (M	lon.) 6-5-5
Mid-day Pick 4	4-4-5-5
Evening Pick 4 (N	lon.) 7-5-3-4
Match 5 (Mon.)	3-5-10-20-34 Bonus: 4

VIRGINIA

Mid-day Pick 3	8-3-8
Evening Pick 3 (Mon.)	6-8-0
Mid-day Pick 4	8-9-8-1
Evening Pick 4 (Mon.)	2-7-3-3
Mid-day Cash 5	3-16-18-21-29
Evening Cash 5 (Mon.)	6-15-18-27-34

D.C. Council Eases Gun Restrictions

WASHINGTON | The District of Columbia Council on Tuesday voted to ease the city's firearms restrictions by allowing residents to own most semiautomatic pistols.

The legislation also would eliminate a requirement that guns be stored unloaded and either disassembled or secured with trigger locks. Gun owners, however, would face prosecution if they fail to keep loaded weapons away from children.

The council's action amends a temporary emergency law passed in July, shortly after the Supreme Court struck down Washington's 32-year-old handgun ban.

Critics complained the law did not go far enough, prompting another lawsuit from the plaintiff who



Mendelson

successfully challenged the gun ban. Congress also introduced a bill that would eliminate most of the city's gun regulations. A vote was expect-

ed later Tuesday.

While Tuesday's amendment

eliminates a provision that bans most semiautomatic pistols, it bans magazines capable of firing more than 10 rounds.

"We are still going to have a strict gun control law," council member Phil Mendelson said, dismissing suggestions that the city was bowing to pressure from the National Rifle Association and other groups.

Mendelson, who introduced Tuesday's amendment, said the changes were needed because he believed the initial legislation "would not stand up to judicial scrutiny." (AP)

Contemporary
Family Service is
urging the citizens
of the greater
Metropolitan
Area to open their
hearts and homes
and become
Foster Parents
for TEENS. All
qualified parents
will receive a tax



free monthly stipend from \$1500 -\$1700 a month for each child in their care, as well as free training and certification.

If you are interested in finding out more about becoming a **FOSTER PARENT,** please call Shauna Martin Robinson of Contemporary Family Services at 301-779-8345 or 1-800-671-0616



THE MALPRACTICE LAW FIRM Jack H. Olender & Associates, P.C.

We represent victims of major medical malpractice and serious personal injury. Four of the D.C. plaintiff malpractice lawyers recently named in the "Best Lawyers in America 2008" are with the Olender Firm. One of the firm's lawyers is a nurse/attorney and an attorney/pediatrician is *Of Counsel*.



888 17th St., N.W., 4th Floor, Washington, D.C. www.olender.com phone (202) 879-7777 fax (202) 393-2245



Park your browser here.

Concerts, movies, events.

restaurants and more.



Crude oil prices hit \$91.15 a barrel Tuesday on the N.Y. Mercantile Exchange.

Oil Prices Continue Free Fall

Consumers may see a price drop at the pump within weeks

NEW YORK | Oil prices extended their retreat Tuesday, shedding \$10 a barrel in a violent, two-day slide as tumult on Wall Street dims hopes for a swift economic recovery and signals another drop in U.S. energy demand.

Given crude's continuing slide, retail gas prices were expected to turn lower within a few weeks.

As uncertainty grips Wall Street, evidence mounted that consumers and businesses were bracing for a protracted economic downturn that should guarantee more of the money-saving energy conservation measures of the past year: Americans will cut back on driving, airlines will keep fewer planes in the air and U.S. manufacturers will be shipping fewer products. That, in turn, was expected to keep crude prices down.

Light, sweet crude for October delivery fell \$4.56 to settle at \$91.15 per barrel on the New York Mercantile Exchange. Crude has fallen about \$55 since shooting above \$147 on July 11. (AP)





www.myspace.com/trudysbeauty





One Country. One Mission. One Source.

GSA is here to help: gsa.gov/atyourservice or (800) 488-3111

Power Up Government



BlackBerry® Curve™ smartphone



BlackBerry® Curve™ smartphone



BlackBerry® Pearl¹ smartphone

Ready to change the way you work?

Stand up, put your desk in your pocket, and discover how to work more effectively with a BlackBerry® smartphone. Exclusive offers from CDW-G® and Sprint® put it all within reach.

Take advantage of limited time offers for government employees at www.BlackBerryGov.com.

Missed us at the Metro?

Join us next Monday, September 22 near the National Archives Metro area, or on Tuesday, September 23 near the L'Enfant Plaza Metro area.

To find more dates and a location near you click on Power Up Days at www.BlackBerryGov.com.











5881 Leesburg Pike 100 Falls Church, VA 22041 (703) 931-6000

1800 K St NW 108 Washington, DC 20006 (202) 659-2929

Tunis	999.99	Algeria	999.99
Morocco	999.99	Libya	1100.99
Cairo	1100.99	Amman	1199.99
Beirut	1199.99	Damascus	1299.99
Tel Aviv	1299.99	Dubai	1299.99
Qatar	1299.99	Kuwait	1299.99
Jeddah	999.99	Riyadh	999.99

*Subject to availability *Taxes not included

ARE YOU READY? GO TO NYC FOR AS LITTLE AS \$20.

DC TO NEW YORK CITY: E-TICKETS. SELECT SCHEDULES. **AVAILABLE ONLY AT PETERPANBUS.COM** OR GREYHOUND.COM











Every Thursday in Express



Money



Robert Moran watches televisions at the New York Stock Exchange as the Federal Reserve's rate decision is announced.

Fed Unfazed Amid Turmoil

Central bankers reject fresh interest rate cut but leave option open

WASHINGTON | Showing a tough love stance for now, Federal Reserve Chairman Ben Bernanke and his colleagues decided to keep a key interest rate steady Tuesday. They acknowledged stresses in financial markets have grown, though, and hinted they stood ready to lower rates if needed.

Wreckage on Wall Street in recent days did not force the Fed — as some thought possible — to reverse course and cut rates. The Fed left its key rate at 2 percent for the third straight meeting. It marked the first meeting this year in which the Federal Open Market

Committee, which sets interest rate policy, agreed unanimously with a decision.

The prime lending rate for millions of consumers and businesses

The number of points the Dow Jones industrial index gained Tuesday after losing 500-plus

points Monday.

----- stayed at 5 percent. The prime rate applies to certain credit cards, home equity lines of credit and other loans. The Fed's key rate and the prime rate are at four-year lows.

The Fed's view of economic and financial conditions, however, was more dour than its last assessment in early August. Economic growth appears to be slowing as consumers hunker down and export growth cools off a bit, Fed policymakers said. And "strains in financial markets have increased significantly," the Fed said.

The more bearish tone indicates the Fed is again open to rate cuts down the road, some analysts

On Tuesday, the Dow Jones industrials gained 141 points after the Fed's action soothed market anxiety over the financial system.

Urgently trying to keep cash flowing amid a Wall Street meltdown, the Fed pumped another \$70 billion into the nation's financial system to help ease credit stresses. In emergency sessions over the weekend, the Fed expanded its loan programs to Wall Street firms, part of an ongoing effort to get credit flowing more freely. JEANNINE AVERSA (AP)

HEARSAY | MISTAKES

"They were very good firms that made the same mistakes we did. They made bigger ones and got caught up in a terrible market."

-DAVID VINIAR. CHIEF FINANCIAL OFFICER OF GOLDMAN SACHS, ON THE FINANCIAL WOES FACING OTHER WALL STREET BANKS

Generic Drugs From India Blocked

WASHINGTON | The government closed U.S. borders Tuesday to more than 30 generic drugs including popular antibiotics and cholesterol medicines — made by India's biggest pharmaceutical company, citing poor quality in two of its factories.

The Food and Drug Administration's move doesn't end U.S. sales by Ranbaxy Laboratories. Instead, it blocks imports of generic drugs including versions of the antibiotic Cipro and cholesterol pill Zocor.

FDA inspections earlier this year found violations that could lead to contamination, allergic reactions and other problems, and the company hasn't taken proper steps to correct them, said Deborah Autor, director of FDA's compliance office. (AP)



NATURE IS FREE AGAIN: All National Park Service sites, including Yellowstone National Park, will offer free admission on Sept. 27, in honor of National Public Lands Day, which began in 1994 with three federal agencies and 700 volunteers.

Travel

Ecuador's Restoration

Quito poured \$200M into its city center to attract more tourists

DESTINATIONS | As the sun descends, street lamps take over, illuminating grandiose colonial plazas, antiquated historic buildings and romantic balconies that line the major streets of capital city Quito's "Centro Historico" district in Ecuador.

The streets buzz with activity. Indigenous women in colorful dress bustle around. Young hombres whiz by on motorcycles. Mustached men sell warm peanuts and pastries. Restaurant patios are crowded with hungry patrons. And all those in the central square, Plaza Grande, jostle about to the musical backdrop of an impromptu jam session from curbside guitarists and accordion players.

It's a scene in stark contrast to Ecuador's Centro Historico's historical past. An evening stroll down



People walk by La Compania de Jesus church, which was built between 1605 and 1765.

these parts eight years ago was a stroll into a world of crime, ghettos and dilapidated buildings. But it's amazing what \$200 million and a vision to attract tourists can do for a capital city. In 2000, under the direction of Mayor Paco Moncayo, the city embarked on an extensive

restoration project to save its historic center, deemed a world UNESCO site in 1978, from increasing decay and rid its streets of crime.

The plan is not quite complete and street crime remains a problem — but architects and restoration crews have finished more than 200 rehabilitation projects including the city's cathedral; three historic theaters; plazas; monasteries; entire blocks of colonial homes; and the narrow street known as La Ronda.

Four historical buildings have been converted into luxury boutique hotels, and several restaurants specializing in gourmet Ecuadorean fare have recently opened. This rebirth has transformed Quito from a mere transit point en route to the Amazon and Galapagos into a veritable destination in its own right.

"Before, tourist operators wouldn't bring travelers into the Old Town, and tourists wouldn't come here on their own, either," says Andrea Swigilsky, general manager of the upscale boutique hotel Patio Andaluz. "Only the brave stayed the night in the Old Town. But now everyone wants to come here, the locals, tourists, and even new businesses are vying to get into this part of Quito." Charmaine noronha (ap)

AWEEKINST.CROIX

The package includes round-trip airfare to St. Croix on a US Airways carrier and seven nights' accommodations at the Hotel Caravelle in the historic district of Christiansted, the capital of the former Danish West Indies. The waterfront hotel has an Old World feel to it. The hotel is home to the award-winning RumRunners restaurant, which serves a combination of Caribbean and continental cuisine and features outdoor seating by the water. Water sports run the gamut from sailing to windsurfing to snorkeling. A variety of scuba-diving packages are available. Kids will love the St. Croix Aquarium, a short walk from the hotel. WHEN: Dec. 20 through April 19, 2009. **DETAILS**: Book by Oct. 31. Rates are based on double occupancy. **CONTACT**: US Airways Vacations, 800-455-0123, Usairwaysvacations. COM (BUDGET TRAVEL MAGAZINE)

FIND MORE DEALS & TRIP-PLANNING TIPS AT BUDGETTRAVELONLINE.COM.

& you'll also receive

\$50 off pp





ALASKA CRUISE & CRUISETOUR SALE



PRINCESS CRUISES escape completely

The FROSCH Difference:

- Family owned and operated since 1977
- The most experienced Travel Consultants including Condé Nast and Travel & Leisure ranked specialists
- Specializing in deluxe leisure travel, including cruises, tours, safaris and customized itinerary planning throughout the world.
- First hand travel advice and destination expertise
- Member of Signature Travel Network, a leading consortium of travel professionals.

September 21-27

Book any SUMMER 2009 Voyage of the Glaciers, Inside Passage, Connoisseur Voyage Sailing or Alaska Cruisetour during our Book an Alaska Cruisetour Cruise Sale and Receive:

- Reduced Deposit of \$100 per person
- A coupon booklet worth up to \$120 in onboard Savings
- PLUS Special FROSCH Amenities on Most Sailings!

Voyage of the Glaciers \$612 pp Inside Passage 7 days from \$762 pp Cruisetours 10-14 days from \$1312 pp

Fares INCLUDE a fuel supplement of \$9 per person per day up to a maximum of \$126.

Sale offer applies to new bookings only 9/21-9/27. Reduced deposit applies to each of the first two passengers in a stateroom. Special amenities on select sailings. Fares are cruise only. per person based on dbl. occ and subject to availability, capacity controlled and may be with-drawn at any time. A fuel supplement of \$9 pp per day up to a max of \$126 is included in fares shown and is subject to change. Gov't fees of \$100-\$121 add'l. Restrictions apply. Ship's

888 17th St. NW, Ste. 304, Washington DC • 202-298-7100 • 1-800-296-0071 Let FROSCH help you experience the travel you have imagined





(800) 784-2931 | congressionalmotors.com 801 Rockville Pike, Rockville, MD 20852 | M-F 9-9 & Sat 9-6

MANUFACTURER PRICE - CONGRESSIONAL DISCOUNT = CONGRESSIONAL PRICE

0% APR

is still Available! Ends 9/23/08. See Dealer for details.* Leases are only \$999 down with \$0 security deposit!

\$21,920 MSRP

- \$2,011 CONGRESSIONAL DISCOUNT

\$19,909 CONGRESSIONAL

LEASE FOR \$238 for 24 months

Automatic Transmission, Power Windows, Power Locks, A/C, CD Player, Loaded.

VIN# 1YVHP81A195M05380 | STOCK# H094014

SMAZD



\$15,920 msr

- \$1,932 CONGRESSIONAL DISCOUNT

\$13,988 CONGRESSIONAL

Air Conditioning, ABS, Air Bags.

VIN# JM1BK32F481163035 | STOCK# G084949

Purchase or Lease a Mazda CX-7 or Mazda CX-9 and get a Free \$500 Gas Card!

Mazda CX-7



\$24,735 MSRI

- \$5,747 CONGRESSIONAL DISCOUNT

\$18,988 CONGRESSIONAL

LEASE FOR \$219 for 24 months

Automatic Transmission, Power Windows, Power Locks, A/C, CD Player, Loaded.

VIN# JM3ER293580204378 | STOCK# G084667

8 Mazda CX-9



\$30,385 MSRP

- \$7,397 CONGRESSIONAL

\$22,988 CONGRESSIONAL

LEASE FOR \$298 for 24 months

Automatic Transmission, Power Windows, Power Locks, A/C, CD Player, Loaded.

VIN# JM3TB28V580133147 | STOCK# G084847

Minutes from Tysons Corner and DC, at the intersection of Rockville Pike and Wootton Parkway, adjacent to Wintergreen Plaza.

Take a Test Drive Today!!

Purchase price plus tax, tag, freight, \$100 processing fee. All leases are with \$999 down, plus tax, tag, 1st payment, freight, \$100 processing fee. 10,500/year on approved credit. All applicable rebate & incentives included in price & lease. *0% for qualified buyers only in lieu of certain incentives. See Dealer for details.

Travel



Watch out for flying fish while visiting Seattle's Pike Place Market, which is home to the original Starbucks, and a variety of produce vendors and street performers.

Dirt Cheap in Grunge, USA

Seattle's endless attractions are big on fun and low on cost

Home to Microsoft and Starbucks, grunge rock and a constant drizzle, Seattle is defined by the collision of urban soul and natural beauty. It's also a great destination for the budget-conscious traveler.

→ NIGHTLIFE: Seattle is the eternal home of the \$5 cover. But if you shy away from committing to one bar for the night, a joint-cover price allows you to club-hop among nine locations in Pioneer Square for \$10 on weekends and \$5 on weekdays.

For the best bets on live shows and music, snag a copy of the Stranger, Seattle's free alternative weekly, to find out who's playing where. If you're looking for a quieter evening, pack dessert and head to Gas Works Park, in Wallingford, or Kerry Park, on Queen Anne Hill, for stunning views of the city skyline.

→ MUST-SEES: You can't make it to the Emerald City and not visit Pike Place Market, the heart of downtown and one of the nation's original farmers markets. Home to the original Starbucks, flying fish and a maze of produce, crafts and street performers, it's free and a great way to spend the afternoon.

When you've had your fill, wander up Elliott Avenue to the Olympic Sculpture Park, a 9-acre waterfront site nestled on the shoreline with towering permanent sculptures by some of contemporary art's hottest creators.

→URBAN ADVENTURE: If the weather cooperates, head to West Seattle, where Alki Beach is the place to be for jogging, Rollerblading, playing volleyball or walking along the water. In Ballard, Golden Gardens is a great place to watch the sun set over the Olympics and roast marshmallows over a bonfire.

→ GETTING AROUND: Buses in Seattle are cheap, just \$1.50, or \$1.75 during peak hours. If want to see the sights, hop on a ferry down at the docks, where \$7.50 will get you a half-hour cruise to Bainbridge Island, where a laid-back vibe awaits. WHITNEY MALKIN (AP)



GENTLE TAKEOVER: Porsche raised its stake in fellow German automaker Volkswagen on Tuesday to more than 35 percent — a move that it said gives it effective control over Europe's biggest car maker.

Cars

A Mechanical Kidney

Mercedes ML320 CDI uses BlueTEC diesel emissions treatment

FUEL TECHNOLOGY | I refuse to go down the path of juvenile humor simply because the magic ingredient in Mercedes-Benz's new California-legal diesels, such as the ML320 CDI, is urea — which also happens to be the magic ingredient in urine.

Still, I think it's fascinating that urea — an additive in Mercedes' BlueTEC emissions treatment system — serves generally the same purpose in clean diesels as it does in human engineering. Our bodies synthesize urea as a way to carry away toxic ammonia, which is a metabolic waste product.

Think of the BlueTEC system as a mechanical kidney.

I had plenty of time to contemplate these mysteries after topping off the ML320 CDI with \$5-a-gallon diesel in Los Angeles and heading nonstop toward Monterey.

Whizzing up Interstate 5 — oh, dear — I was getting 24 miles to the gallon, which is downright respectable for a 4,817-pound sport utility vehicle with the aerodynamics of a catapult-fired rhino. At this rate of consumption, this oil-burner has a range of about 600 miles.

I truly sympathize with automotive engineers. For years, customers



The diesel-powered Mercedes ML320 CDI uses urea — an additive in Mercedes'
BlueTEC emissions treatment system — to treat its exhaust and is a nice ride to boot.

and the wags of wheel-dom have hammered them with the question: Why can't we have high-efficiency diesels in the U.S. like they have in Europe? Diesel vehicles are 25 percent to 40 percent more fuel efficient than gasoline vehicles.

But no conventional Euro diesel could pass California's strict emissions tests for sulfur, particulate matter and NOx.

What does it all mean for consumers? That's not entirely clear, for while the engineers and chemists were beavering away at the problem, the cost of diesel in the U.S. skyrocketed past that of gasoline.

Now that BMW, Mercedes, Audi, VW, Honda and others are making clean diesels, can consumers justify

NUTS & BOLTS

→ MERCEDES-BENZ ML320 CDI

\$45,875

Powertrain: Turbocharged 3.0-liter V6 diesel, 24-valve, dual overhead cam, variable valve timing; seven-speed automatic transmission; full-time all-wheel drive. | Wheelbase: 114.7 inches | Measurements: 188.5 inches long | Curb weight: 4,817 pounds Horsepower: 215 at 4,000 rpm | Torque: 398 at 1,600 to 2,500 rpm | 0-60 mph: 8 seconds | EPA Fuel Economy: 18 mpg city, 24 mpg highway

buying them?

This is precisely the dilemma that confronted early buyers of hybrids. Yes, diesel powertrains are more expensive — the ML320 CDI is \$1,000 more than the gasengined ML350. Yes, the fuel is more expensive. Let's say 10 percent more. The ML320 is only 20 percent more fuel-efficient (24 mpg highway versus 20 mpg).

How long will you have to own the vehicle before you begin to realize savings? It depends, really, on how and where you drive. If you log a lot of highway miles, you'll recoup your diesel outlay sooner.

Moreover, with the Mercedes M class, the choice between diesel and gas is purely a personal-value proposition because the vehicles are virtually indistinguishable.

Both use a seven-speed automatic transmission and 4Matic all-wheel drive (the diesel's final gear ratio is higher to account for the diesel engine's lower rev range). Zero-to-60 times (eight seconds) are the same, as are payload and towing capacity.

But for some discrete BlueTEC badging, the two vehicles are visually identical.

Maybe the only real tactile difference is the diesel M-class' sense of deep reserves of torque, a wave that is surging, pushing, cresting, ready to spill over at a moment's notice. DAN NEIL (LOS ANGELES TIMES)

DISCUSSIONS

REAL WHEELS

I want to purchase an economical, good-handling, manual transmission hatchback that does dual duty as a people mover/single commuter/stuff hauler, and is equally at home in town and on the highway. Your recent review of the 2009 Honda Fit peaked my interest, but finding one to test-drive has proved impossible.

It does not surprise me that you're having a hard time finding a Honda Fit. Sales of that model are up 55.6 percent calendar-year-to-date

It does not surprise me that you're having a hard time finding a Honda Fit.

2008 over 2007. Honda is planning to sell 80,000 Fits in the U.S. for full-calendar 2009. It's selling every one that comes in, which leaves Fit substitutes, of which the best is the Mazda 3. Then follows the Nissan Versa. The Chevrolet Aveo5 hatch, which was reviewed in Sept. 14's On Wheels Column, is a good No.4 — and probably the best value in the subcompact hatch pack.



washingtonpost.com

Columnist Warren Brown comes online Fridays at 11 a.m. to answer your questions on every aspect of the automotive industry





CONGRESSIONALMOTORS

(800) 784-2920 | congressionalmotors.com

EMPLOYEE PRICING IS BACK!

0% APR is Still Available!

on all 2008 vehicles, thru VCI. Ends 09/23/08. See Dealer for details.



*on Jetta thru VCI. Ends 09/15/08. See Dealer for details. | STOCK# G081491 | VIN: 3VWJM71K08M181964 Air Conditioning, CD Player, Power Windows & Locks, Loaded.



*on New Beetle thru VCI. Ends 09/15/08. See Dealer for details. | STOCK# G081547 | VIN: 3VWRW31C38M527388 Automatic Transmission, Power Windows & Locks, CD Player, Loaded.



STOCK# G081470 | VIN: WVWUK73C98P117573 Air Conditioning, CD Player, Power Windows & Locks, Loaded.

STOCK# G081458 | VIN: WVGBE77L58D071648 Automatic Transmission, Leather Seats, Power Locks & Windows, CD Player, Fully Loaded.

801 Rockville Pike, Rockville, MD 20852 Monday thru Friday 9 to 9 | Saturday 9 to 6

Minutes from Tysons Corner and DC, at Rockville Pike and Wootton Parkway, adjacent to Wintergreen Plaza.

Purchase tax, tag, freight, processing fee additional. See Dealer for complete details.

Cars



General Motors launched its next 100 years Tuesday by unveiling the Chevrolet Volt. which can travel 40 miles on a single charge from a home electrical outlet.

GM Unveils Volt For 100th Birthday

Carmaker heads into its next century with chargeable electric car

DETROIT | General Motors Corp. Chairman and CEO Rick Wagoner unveiled the automaker's longawaited electric car Tuesday and said the turmoil in U.S. financial markets should not affect government loan guarantees that would help the auto industry develop hightech cars.

Speaking to reporters at GM's 100th anniversary celebration, Wagoner said the \$25 billion in loans were approved last year as part of an energy bill and should now be funded to help the industry build next-generation automobiles and meet government fuel economy standards.

GM, Ford Motor Co. and Chrysler LLC have been working to get Congress to fund the loans after months of tight credit markets, tepid sales and high gasoline prices.

Wagoner showed off the production version of the Chevrolet Volt, which will be able to go 40 miles on a single charge from a home outlet.

'General Motors' second century starts right now," he said as GM Vice Chairman Bob Lutz drove the four-passenger sedan onto a stage at the automaker's world headquarters.

GM said the Volt will cost about 80 cents to fully charge at a rate of 10 cents per kilowatt-hour, which is about the national average. After that, the batteries will be recharged by a small gasoline engine that

The distance, in miles, the Chevy Volt will be able to travel on a single charge from a home electrical

allows the car to travel hundreds more miles. GM said the engine will be capable of running on E85 ethanol, a blend of 85 percent ethanol and 15 percent

"It's proof that the century-old General Motors is alive and well, and that it intends to lead in reinventing the automobile," Wagoner said.

gasoline.

The four-passenger sedan will have a driver-configurable liquidcrystal instrument display and touch-screen style climate, information and entertainment controls, GM said.

The Volt is due in showrooms by late 2010. GM hasn't announced pricing, but it's expected to cost between \$30,000 and \$40,000. TOM KRISHER (AP)



OLD OVER YOUNG: The Titans are sticking with veteran Kerry Collins as their starting QB as long as the team keeps winning. Coach Jeff Fisher said so Monday following a 24-7 win at Cincinnati. The Titans are 2-0 for the first time since 1999, when they made their lone Super Bowl appearance.

Sports

Redskins' Horton Snags Top Honor

Safety was 1st to pick off 2 passes, recover a fumble since 1966

REDSKINS | Shortly before kickoff against the New Orleans Saints, Redskins safeties coach Steve Jackson pulled aside rookie Chris Horton, who would make his first NFL start because strong safety Reed Doughty had flu-like symptoms.

In the FedEx Field locker room, Jackson and free safety LaRon Landry both told Horton the game would not be like what he had experienced in the preseason.

"Coach Jack and I told him, 'Look, the speed is totally different now. You've got to go out there and really ball," Landry recalled. "He said, 'Don't worry about this. I



TOP PICK: Rookie safety Chris Horton, left, intercepts a pass in the fourth quarter of the Redskins' game on Sunday, sealing the win over the New Orleans Saints.

"He speaks almost exclusively in specifics. Seemingly unacquainted with coach-speak, he has been the antithesis of his predecessor."

Beat writer Jason La Canfora analyzes the differences between Jim Zorn and Joe Gibbs, both on and off the field | Today, Sports

The Washington Post

got this. I'm good. I'm good.' That's what he kept saying. You know what? He was right."

Horton, who played briefly in a season-opening loss to the New York Giants, was sensational in his debut as a starter intercepting two passes, being credited with two solo tackles and recovering a fumble in Washington's 29-24 victory. The performance earned NFC defensive player of the week honors for Horton yesterday.

His second interception of Saints quarterback Drew Brees in the fourth quarter all but sealed the Redskins' first win of the season.

"He had a tremendous day out there," Landry said. "He did everything I thought he would do."

Horton, selected in the seventh round from UCLA, is the first Redskins rookie with two interceptions and a fumble recovery in the same game since Brig Owens in 1966, according to the team.

Landry and Horton, both reared in Louisiana, played against each other "since high school, and I've been following him throughout college," Landry said. "So, when Reed went down, and an opportunity presented itself to him, I thought he would take advantage of it. He made the best of it."

JASON REID (THE WASHINGTON POST)

Texans Could Move Home Opener to Rice

NFL | Houston Texans owner Bob McNair has discussed the possibility of his team's playing at Rice Stadium if repairs to Reliant Stadium from Hurricane Ike can't be made in time for its first home game on Oct. 5.

The stadium's retractable roof lost five pieces in the storm and officials said large pieces of debris had fallen into the stadium.

Though he has discussed playing at Rice, which is four miles from Reliant, McNair is "optimistic" that repairs can be made in time for Houston to play at home against the Indianapolis Colts on Oct. 5.

"We would have to talk to them at Rice, but certainly it's a large enough stadium that it is a possibility," McNair said Tuesday.

Rice Stadium holds 47,000 in its current configuration, but the tarps could be moved off the end zone seating to expand the capacity to 70,000. It was opened in 1950 and hosted the Super Bowl in 1974. (AP)

All the news: To stay up to date on all the recent NFL news and analysis, visit washingtonpost.com/theleague.



 $The Cardinals dominated \ Miami \ this \ weekend \ to \ go \ 2-0 \ for \ the \ first \ time \ in \ 17 \ years. \ They \ will \ play \ in \ Washington \ on \ Sunday.$

Strange Sight: Cardinals Are 2-0

Arizona players insist rare feat is nothing to be proud about yet

NFL | The Arizona Cardinals are 2-0 for the first time in 17 years. Big deal, say two of their players who know what it's like to achieve real NFL success. "We haven't played nobody," RB Edgerrin James said. "We've got to keep doing it. A lot of teams are 2-0. Detroit was 6-2 last year."

Quarterback Kurt Warner scoffed at being overly impressed by the fast start.

"When people are talking about prosperity at 2-0, it almost makes me laugh," he said. "... Hopefully, we

have the mind-set in here that this is where we expected ourselves to be, so why are you getting excited about something you expect?"

When asked whether he thought this year's Cardinals realize their start is no reason for jubilation, James said, "We'll see how we come off this road trip."

Arizona plays at Washington on

Sunday, and then will stay in that city's suburbs and work out at Catholic University before playing at the New York Jets the next weekend.

Coach Ken Whisenhunt said Monday that he decided staying in the East was the better option.

"The one thing I know is it saves us a thousand miles of travel and it saves us 10 hours in an airplane, which, to me, is a big difference," he said. "When you travel that long in an airplane, your body suffers."

The Cardinals were awful in the games in the East last year, Whisenhunt said, referring to losses at Washington, Tampa Bay and Baltimore.

To win, the Cardinals will rely on their high-powered offense.

Pro Bowl receivers Anquan Boldin and Larry Fitzgerald were at the top of their games in Sunday's blowout of Miami. Warner, meanwhile, had a perfect quarterback rating for the third time in his career, matching Peyton Manning for most in NFL history.

The passing show followed a victory at San Francisco that featured Arizona grinding out the clock in the second half, mostly on the ground, to preserve a 23-13 win.

"What I hope that the league sees is that after two weeks we're versatile, we can do a little bit of both," Whisenhunt said. BOB BAUM (AP)

Sports



WELL-RECEIVED: The Seahawks took two steps to shore up their injury-depleted wide receivers by trading for Keary Colbert and re-acquiring Koren Robinson on Tuesday. Seattle agreed to a one-year contract with Robinson, its former No. 1 draft choice, and acquired Colbert from the Denver Broncos.

Video Makes Terps Senior a Big Hit

Thousands watch viral clip of Barnes making Cal's RB throw up

TERPS FOOTBALL | Entering this past weekend, Kevin Barnes was best known as a slender fifth-year senior who had a penchant for missing tackles last season. When the weekend ended, Barnes was known in select circles of the country only as the player who delivered a hit so hard it made someone throw up.

How that happened is a testament to the power of the Internet, where Barnes' image will live long



After this hit by Kevin Barnes, Jahvid Best, right, stayed on the ground and vomited.

because of five seconds of football that resulted in considerable, if not typical, notoriety. When he crashed

his shoulder into the chest of California running back Jahvid Best in the second quarter of Maryland's

202-334-4100

35-27 victory, Barnes had no idea he would soon be entering cyberspace lore. Nor did he realize the magnitude of the hit when he saw Best crawling on his hand and knees and vomiting on the field.

Only when the game had ended, and Barnes reached the locker room, did he understand that sometimes a hit is not just a hit. Before game's end, a video clip of the play was available on YouTube. As of Tuesday afternoon, six different versions of the hit garnered a total of more than 50,000 views, which surpassed the attendance (49,527) that watched the play live in Byrd

Stadium on Saturday. The video was also linked to several sports blogs and even to a some non-sports social networking sites.

Barnes celebrated his 22nd birthday Monday, but recent well-wishers have wanted to discuss only thing, and it's not his age. When Barnes visited a local restaurant, at least 40 customers approached asking him about the hit. Some with iPhones replayed the hit so everyone could watch together. Barnes said he has received a total of 200 text messages and e-mails since Saturday afternoon, not to mention scores of messages on Facebook.

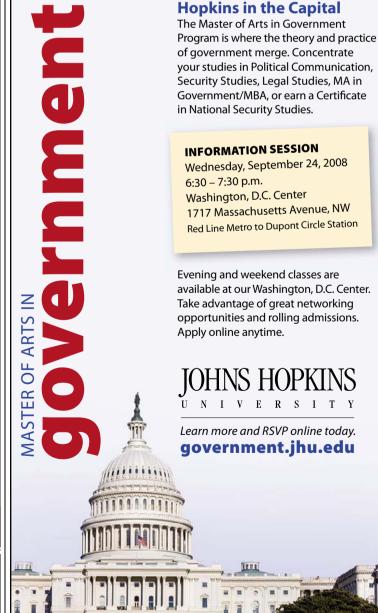
"I have been kind of under the radar in my career," Barnes said. "It is kind of cool. It's all over the place."

ERIC PRISBELL (THE WASHINGTON POST)



NETWORK ENGINEER BARTENDER

reading Express





"I'm a human. You know? I'm not a machine. And, [expletive], a machine breaks down sometimes, too."—Red Sox closer Jonathan Papelbon, who blew a save last Tuesday and then nearly blew another one on Saturday.

Sports

Calif. Freeway Series Seems Likely

Dodgers, Angels both could be playoff-bound for the 2nd time ever

BASEBALL | Tom Lasorda can't imagine anything like it. Mike Scioscia likens the possibility to a bit of paradise.

In a place where Disneyland magic takes root and screenwriters trade in celluloid fantasies, these are heady times to be playing baseball in Southern California.

From freeway to freeway, the Los Angeles Dodgers and Angels are on the verge of doing something they've

never done before — play each other in the World Series.

"It would be the greatest thing that ever happened," said Lasorda, who guided the Dodgers to two World Series crowns in four appearances during his Hall of Fame career.

"This would be the baseball Mecca for a couple of weeks out here in Southern California, and that would be something special," said Scioscia, who played for Lasorda's title teams in 1981 and 1988 and managed the Angels to their only World Series championship, six vears ago.



Mike Scioscia's Angels became the first team to clinch last Wednesday.

Since the Dodgers moved west from Brooklyn in 1958 and the Angels were formed as an expansion team three years later, the teams have made the playoffs in the same season only once, in 2004. Both were eliminated in the first round that October.

The Angels, with strong pitching and the addition of Mark Teixeira to an already tough lineup, were the first team in the majors to clinch a playoff spot this season. They won the AL West for the fourth time in five years.

The Dodgers, boosted by the trade for Manny Ramirez and playing their first season under manager Joe Torre, have taken a solid lead in the NL West.

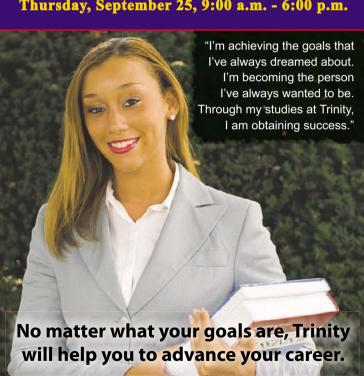
Of course, there's still a long way to go until the World Series, and last year's run by Colorado showed anything can happen. Lasorda was reticent to talk much about a possible Freeway World Series because the Dodgers haven't yet ensured a postseason berth.

"We haven't done anything until we clinch it," he said. "We're not going to talk about something we don't have. When the season is over and we've been declared the No. 1 team in the National League West, we've done something." JOHN NADEL (AP)

Late games: Stay on top of all of the playoff races and breaking news at | washingtonpost.com/sports

TRINITY OPEN HOUSE

Thursday, September 25, 9:00 a.m. - 6:00 p.m.



Earn your initial or advanced degree in business or education.

- Bachelor of Science in Business Administration
- MBA
- Master of Arts in Teaching
- Master of Education
- Master of Arts in Counseling
- Master of Science in Administration: Educational Administration

Enroll for Fall Term 2 today! Application fees will be waived at our upcoming September 25 Open House!

RSVP to ADMISSIONS@TRINITYDC.EDU WWW.TRINITYDC.EDU 202/884-9400



Tell your landlord where to go. Own at Westwood Gardens for what you pay in rent

• Fitness center

OWN A UNIQUE SPLIT-LEVEL TWO-BEDROOM CONDO FOR JUST \$1,585* A MONTH. RIGHT AT THE WHEATON METRO.

- Split-level loft condominium homes
- Open, spacious floor plans
- Kitchens of granite, wood and stainless steel
- · Floor-to-ceiling windows
- · Private balconies and patios
- Individual washers and dryers
- Swimming pool and pool house
- - 1-bedrooms starting at \$259,900 2-bedrooms starting at \$274,900

MOVE IN NOW

• Walk to the Wheaton Metro

and Westfield Shoppingtown

3-bedrooms starting at \$319,900





GardensExpress.com | 877.233.4845



*Based on a price of \$274,900 with a 10% down payment, 5.750% interest rate, condo fees of \$235 a month, 28% income tax rate and tax savings that amount to \$332 a month. Subject to lender approval. See Sales Manager for details.

Place your Classified ad today. 202-334-6200



Yost: Not

Sour About

Being Fired

BASEBALL | Once he finished pack-

ing, Ned Yost figured he'd begin the

long drive back home to Georgia. He

might even tune into a ballgame.

able to listen to the Brewers pitch-

by-pitch and be rooting Dale on in

"I've got XM Radio, so I'll be

Sports

STRATEGRED UNIVERSITY TO HOST WORLD OF STRATEORD'S EXPLORE THE WORLD OF STRATEORD'S SATURDAY - SEPTEMBER 27, 2008

MEET DEANS AND FACULTY TOUR UNIVERSITY AND DEPARTMENTS

STRATFORD UNIVERSITY KICKS OFF THE NEW OL YEAR WITH AN EXCITING

OPEN HOUSE

OPEN TO THE COMMUNITY, STUDENTS AND ALUMNI A GLOBAL EVENT SHOWCASING MANY PROGRAMS OFFERED BY STRATFORD UNIVERSITY

DEMONSTRATIONS, FREE FOOD AND DOOR PRIZES

Watch global-themed cooking demonstrations by guest Certified Master Chef Shölly and taste samples

- Meet Dr. Richard Shurtz, President of Stratford University and radio personality to discuss world of Internet Technology
- Learn how to achieve personal and professional iccess with Certified Life Coach Helen Flynn
- Review/Create resume with staff consultant
- nternational business
- Have blood pressure and weight checked in Allied Health Department
- Take CPR training (Pre-register by 9/20 and pay \$10 to receive certificate)
- Watch and participate in web page development in Digital Design Department

OPEN TO THE PUBLIC

7777 LEESBURG PIKE IN FALLS CHURCH, TYSONS CORNER CAMPUS RSVP TO: RSVP@STRATFORD.EDU / (800) 444-0804

AMERICAN UNIVERSITY WASHINGTON COLLEGE OF LAW

Lawyer Re-Entry Program

Reconnect, Refocus, and Reclaim Your Legal Career



Looking to re-enter the legal profession?

The Washington College of Law Lawyer Re-Entry Program uses legal and professional training, with one-on-one coaching, to help restart your legal career after time away from the workplace.

For details visit wcl.american.edu/reentry or attend an information session:

Wednesday, Sept. 24 Thursday, Oct. 2 12 PM - 1 PM 5:30 PM - 6:30 PM

4801 Massachusetts Ave NW, Washington DC, 20016

lawyer.reentry@wcl.american.edu 202,274,4138 wcl.american.edu/reentry



Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

All In One Facility Emergency Care 1 block away from Foggy Bottom Metro Dental Check-Ups Station

Crowns & Bridges Root Canal Therapy Oral Surgery Periodontics

 Cosmetic Dentistry Orthodontics Digital Computerized X-Rays Intra-Oral Camera/Video Imaging

• EVENING HOURS BY APPOINTMENT

FREE CONSULTATION ON LUMINEERS BY CERINATE Free Orthodontic &

> 3 Washington Circle,NW Suite #306 Washington, DC 20037 202.775.0167

Now that there's which would you choose?

PREMIERE INVISALIGN PROVIDER

K Street Dental &

Orthodontic Group
Dr. A. Shouhayli & Associates
e,NW
308 Main Street
Gaithersburg, MD 20878
Beside Whole Foods 301.977.9787

■ Boutique Executive Suites[™] **■**

The Washington DC all-inclusive office solution

Prestigious furnished and unfurnished offices with gorgeous views of the Washington Monument

Your monthly fee includes:

- Domestic Telephone Calls
- Broadband Internet
- Printing/Copy/Fax/Scanning
- Office Supplies
- Refreshments and more

FREE LAPTOP

ACT TODAY: THIS OFFER

www.21stCenturyOffices.com • 800.669.6461 1001 Connecticut Ave, NW, Suite 905 - Washington, DC 20036

MASTER'S DEGREE - GW ARLINGTON CENTER

Organizational SCIENCES

THE COLUMBIAN COLLEGE OF ARTS AND SCIENCES

Choose from two concentrations.

Organizational Management and Human Resources Management prepare you to lead in today's organizations.

Convenience.

Two-year, part-time program offered evenings and weekends in Arlington or oneyear accelerated cohort Fellows Program on the main campus in Washington, DC.

Information Session

Tuesday, September 23 – 6:30 pm

3601 Wilson Blvd., Suite 400 Arlington, VA Metro: Orange Line to Virginia Square

Rsvp Today!

202.973.1130 www.nearyou.gwu.edu/orgsci

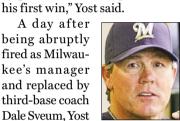
THE GEORGE WASHINGTON UNIVERSITY WASHINGTON DC



www.gwu.edu/gradinfo

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY

with a one year contract **EXPIRES SOON!**



feelings toward the team that let him go with 12 games left while tied for the NL wild-card spot.

insisted Tuesday

he had no hard

"If anybody thinks that I've got sour grapes or I don't want this club to succeed, they're crazy. I'll be rooting them on every inch of the way," he said.

Sveum starts out Tuesday night with the opener of a three-game series against the NL Centralleading Cubs at Wrigley Field. Yost, known for never criticizing his players, said it didn't matter who made the final decision to replace him.

"I don't agree with the decision, but I respect Doug Melvin's decision," Yost said. "That's what I ask my players to do. If I make a decision, I don't ask you to agree with it all the time. I just ask you to respect it." (AP)

NATIONALS (7 P.M. ON MASN) Nationals rookie pitcher Sharion Martis has had two quality starts and is 0-2. He faces the Mets on Wednesday.

ORIOLES (7 P.M. ON MASN2) The Orioles are also on TV, in a meaningless game against the Blue Jays.

BASEBALL (8 P.M. ON ESPN) In a matchup that is far from meaningless, the Cubs host the Brewers with both teams fighting for the playoffs.

COLLEGE FOOTBALL (8 P.M. ON ESPN2) Kansas State is at Louisville for a nonconference game in the middle of the week.

GEORGETOWN UNIVERSITY

Career Development Scholarship Program EHLS

The English for Heritage Language Speakers Program at Georgetown University

Full scholarships for US citizens who are native speakers of Arabic, Mandarin, Pashto, Persian (Farsi or Dari) or Urdu

Find out more!

http://ehls.georgetown.edu 202-687-4455

The English for Heritage Language Speakers (EHLS) Program at Georgetown University is a partnership between the National Security Education Program, the Center for Applied Linguistics, and Georgetown University's Center for Language Education and Development.

Hurry! Limited time offer!

Buy 26 Weeks of Sundays and Get Weekdays Free!



JUST \$1.50 A WEEK — THAT'S 67% OFF

THE NEWSSTAND RATE FOR 7-DAY HOME DELIVERY!

The Washington Post

If you don't get it, you don't get it.

I-800-357-9352, Ext. 2 washingtonpost.com/subscribe

Sports

20

The approximate number of pounds Ravens quarterback Troy Smith lost due to a severe case of tonsillitis over the last few weeks. Smith was cleared to resume light workouts this week after not practicing since Aug. 22.

PARALYMPICS | FIFTH GOLD IN HER FIFTH GAMES



WINNING STREAK: Athletes compete in the women's 1,500-meter final at the Paralympic Games. Chantal Petitclerc of Canada won the race in 3:39.88, earning her fifth gold medal of these games and her 14th in five Paralympics.

'Blade Runner' Wins No. 3

Pistorius runs the 400 in a world-record time after winning 100, 200

PARALYMPICS | Oscar Pistorius completed his gold-medal haul at the Paralympics on Tuesday, winning the 400 meters to go with sprint victories in the 100 and 200.

The South African double amputee known as "The Blade Runner" finished in 47.49 seconds, a world record for his disability class.

Jim Bob Bizzell of the United States won the silver medal at the Bird's Nest National Stadium, the venue for Olympic track and field. Ian Jones of Britain took the bronze.

Pistorius' next goal is to qualify for the world championships next year in Berlin, where he would face



Oscar Pistorius won the 400-meter final in a world-record time of 47.49 seconds.

able-bodied runners. He also is looking toward the London 2012 Olympics.

"I've got a lot of work to do before that," he said. "I have five or six able-

bodied meets in Europe next year and those are all stepping stones to get to the bigger meets and perform there. I'm looking forward to next year's calendar and [the] next four years."

Away from the Bird's Nest, Ukraine defeated Russia 2-1 in seven-per-team soccer to win the gold medal. Volodymyr Antonyuk scored twice for Ukraine, and Lasha Murvanadze had Russia's only goal. Iran defeated Brazil 4-0 in the bronzemedal game.

In the wheelchair rugby final, the U.S. defeated Australia 53-44. Canada took the bronze-medal game, beating Britain 47-41.

In the men's wheelchair basketball final, Australia beat Canada 72-60. Britain defeated the United States 85-77 for the bronze. STEPHEN WADE (AP)





"I plan to watch the Ryder Cup this week, but I will not attend. U.S. captain Paul Azinger has my cell phone number, and he or any U.S. player can call me anytime."

– Tiger Woods said in a newsletter that he will not attend this weekend's Ryder Cup, despite speculation that he would.

Sports

Europeans 'Together' for Ryder Cup

Captain Nick Faldo says his team is on the same page this year

GOLF | Nick Faldo gathered his European troops on the first tee Tuesday morning at Valhalla for a brief chat that turned into much more, giving the captain a sense of what to expect at the Ryder Cup.

The team is "really tight together," Faldo said. "It's great."

As his team members stood in a full circle, he wanted them to sense the nerves that typically accompany the opening tee shot, and to picture the shape of the shot they wanted to hit, a precursor to the opening of the matches on Friday.

Sergio Garcia chimed in. So did Lee Westwood. Then Padraig Harrington, the double major champion



Nick Faldo, far right, has selected a Ryder Cup team that includes stars such as Sergio Garcia and Padraig Harrington but also a handful of lesser-known rookies.

for Europe.

"Everybody shared a few little thoughts," Faldo said. "It went a lot further than I expected. I'm delighted the guys took it more than two steps further. We really had a good little chat for five, 10 minutes, and that was really productive."

But they didn't break huddle and reach for their drivers. First up was the team photo, with Europe dressed in baby blue sweaters and smiling like a team that has won the last three times in the Ryder Cup, the previous two by record margins of 18½-9½.

There has been some curiosity about how Faldo would fit in as captain.

He is arguably England's greatest player with six major championships and massive contributions in the Ryder Cup. Even so, Faldo has always been viewed as an individualist, turning off some of his colleagues on his way to the top.

Faldo was asked whether he was confident he could leave his ego behind during his week as captain.

"I am very confident I won't damage the team," he said. "The way the team is formulating with these guys, I've got a dozen characters in there. I'm the quiet one in the team room right now."

Doubles Star Bryan Won't Play In the Davis Cup

TENNIS | Doubles star Bob Bryan will miss this weekend's Davis Cup semifinal against Spain because of a shoulder injury and was replaced on the U.S. team Tuesday by Mardy Fish

His withdrawal follows that of James Blake. He pulled out last week, citing exhaustion, making way for 39th-ranked Sam Querrey.

Bryan is recovering in the U.S. after receiving a cortisone shot for an inflamed left shoulder that has bothered him since Wimbledon.

This will be the first time in 16 Davis Cup matches that Bryan and twin brother Mike won't play together. The Bryans, who are 14-2 since debuting in 2003, helped the U.S. win the Davis Cup last year.



America Needs You.



VOLUNTEER to help immigrants learn English and learn about AMERICA.



For more information, or to find volunteer opportunities in your area, visit the New Americans Project at WWW.USAFREEDOMCORPS.GOV/NEWAMERICANS.









He'd make a good father for your lab pups.

Find a home for pets in Express. Place your Classified ad today. 202-334-6200



expressnightout.com

Classified ads appear in Express and The Washington Post.

Haven't joined **PostPoints?**

Guess you don't want the free pizzas and free movie passes.

There are lots of reasons to join PostPoints. Things like free tickets to movie screenings, invitations to private events held by The Post, \$50 off any class at Kaplan Test Prep. Or how about this - a second pizza for free, every time you order a pizza online from Papa John's.

Then there are the points you will earn -500just for signing up, more for reading Express or washingtonpost.com, still more for writing a review of a restaurant or posting your resume online. And when you have enough points, turn them in for rewards.

Everyone can join. It's fast, easy and best of all, free. To find out more, go to washingtonpost.com/postpoints. Do it today!

Jost Points



S481 2x12

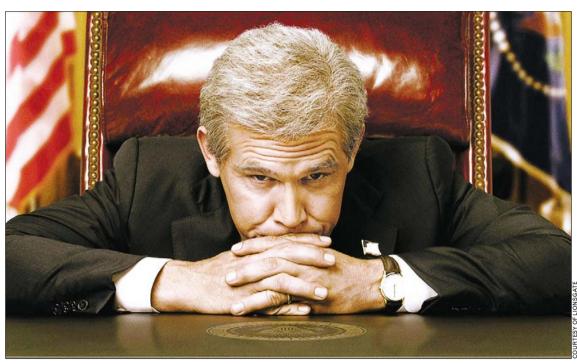
washingtonpost.com/postpoints

The Washinaton Post If you don't get it, you don't get it.



RACKET AND BALLS NOT INCLUDED: Serena Williams' autobiography will be released in 2009 by Grand Central Publishing, which beat out a handful of other publishers bidding for the life story of the No. 1-ranked women's tennis player.

Entertainment



GREAT MAKEUP JOB: See Josh Brolin as President Bush in Oliver Stone's highly anticipated film "W," in theaters on Oct. 17.

Political Pictures

Upcoming fall films seek to get viewers thinking about issues

TRENDY | The president believes he is above the law. America hasn't been caring for its soldiers. Liberals have no clue about what makes our country great. These are precisely the kinds of declarations you would expect to hear in the midst

of the election season. Yet these arguments come not from any presidential candidate or congressional campaign but from several politically minded movies that are to arrive in fall theaters.

The people behind these films — which include an indictment of the CIA and its interrogation techniques and a conservative comedy lampooning a Michael Moore-like muckraker — are betting that the

presidential election season will make moviegoers more inclined to seek out their topical stories.

"George W. Bush barely even got a mention at the Republican National Convention, and that, to me, is fascinating," said Oliver Stone, director of the fictionalized presidential biography "W.," due in theaters Oct. 17. "That's telling you that he provokes extreme reactions."

Some of the filmmakers are

holding out hope that their movies might inform and change policy debates — or even play a starring role in the cultural conversation, as was the case with Moore's 2004 documentary "Fahrenheit 9/11."

If the latest box-office history is a guide, however, these movies may find only a small audience, as today's moviegoers seem to prefer by a wide margin escapism over intellectual engagement, especially when it comes to current events.

A recent crop of films that explored war and the Middle East — "Rendition," "Stop-Loss," "In the Valley of Elah" and the Oscarwinning documentary "Taxi to the Dark Side" among them — all failed to attract large numbers of moviegoers. But rather than try to downplay their movies' political plots, several filmmakers used the just-concluded party conventions to drum up interest.

David Zucker, director and co-writer of the conservative comedy "An American Carol," showed his film to more than 2,000 guests at the Republican National Convention. And Stuart Townsend, writer and director of "Battle in Seattle," took his left-leaning drama about 1999's World Trade Organization demonstrations to both conventions, attracting more Democrats than Republicans to his early screenings. "Battle" is due in theaters Sept. 26; "Carol" is due Oct. 3.

"My intention is that when people see the film, they connect to the characters and they want to learn more," Townsend said. "It's about people standing up — it's about victory." John HORN (LOS ANGELES TIMES)



MIX IT UP: Patti Loveless channels Stevie Nicks for a children's charity.

Loveless 'Springs' For Cause

Country singer is among those picked for a covers album

TWIST | Patty Loveless has found inspiration from a queen of classic rock: Stevie Nicks. The 51-year-old country singer recorded Nicks' Fleetwood Mac song "Silver Springs" for a new CD to raise money for the Imus Ranch, a working New Mexico cattle ranch founded by radio personality Don Imus and his wife, Deirdre, to help ill children.

"The Imus Ranch Record," released Tuesday, includes contributions from Lucinda Williams, Little Richard and Vince Gill. Imus selected the artists and the songs.

Loveless was intrigued by Imus' selection of her: "I felt like this might be a little bit of a challenge."

"The Imus Ranch Record" was several years in the making, and Loveless committed to it before Imus was fired by CBS Radio and MSNBC in 2007 for making offensive remarks about the Rutgers University women's basketball team.

Imus, who apologized for his remarks, has a new show that airs on ABC Radio Networks.

Loveless said she had no reservations about sticking with the project. "It was about the kids."

JOHN GEROME (AP)

Chris Botti Plays With Friends

Trumpet whiz gets unlikely musicians to perform together

BLOWHARD | Chris Botti has a few surprises up his trumpet when he makes his debut with the Boston Pops this week at two concerts that are being taped for national broadcast next spring during PBS' annual pledge drive. The chart-topping trumpeter has enlisted a starstudded lineup for the Thursday

and Friday night concerts at Boston's Symphony Hall that reflect his genre-bending musical tastes from jazz to pop.

His touring band will be joined by Sting and his longtime guitarist, Dominic Miller; Josh Groban; Aerosmith's Steven Tyler; "American Idol" runner-up Katharine McPhee; cellist Yo-Yo Ma; violinist Lucia Micarelli; and a major pop vocal star who will make an unannounced surprise appearance.

"We're going from classical music



POP SECRET: Botti won't say which major pop vocal star will perform.

to jazz stuff from Miles Davis' catalog to rock 'n' roll all within the span of a very, very short time with really legendary people," Botti said.

"The real fun stuff is taking these artists out of the arena that they're normally heard in. It will be, like, 'Oh,s my goodness, I can't believe I just heard Steven Tyler or Yo-Yo Ma do that."

The TV special "Chris Botti Live in Boston" will be broadcast nationally during PBS' pledge drive in March 2009. Charles J. Gans (AP)



LOCATED ABOVE THE COLUMBIA HEIGHTS METRO STATION

PANORAMIC VIEWS FROM 12,000-SQ. FT. ROOFTOP TERRACE

ACROSS FROM THE CITY'S NEW TARGET®, SHOPPING DESTINATION DC USA, AND EXCITING NEW RETAIL AND RESTAURANTS

MODELS OPEN DAILY 12 PM - 5 PM 1390 KENYON STREET, NW

KENYON SQUARE

CONDOMINIUMS

WWW.KENYONSQUARE.COM 866.664.7295







SALES BY DOMUS REALTY



DON'T MAKE ASSUMPTIONS: Just because he's prone to jump on couches and get into televised spats with Matt Lauer doesn't mean Tom Cruise is bringing his zaniness to a villain role in the fourth "Shrek" film. His rep says the rumors are false.

Entertainment

A Total 'TRL' Recall

After a decade of idle talk, MTV video show will end in November

SO OVER | Start the countdown clock on MTV's countdown era: "Total Request Live" will soon shut down after 10 years on the air.

The music video show will conclude in a two-hour special on a Saturday afternoon in November, Dave Sirulnick, executive producer of "TRL," said Monday. He stressed that the show was not ending for good, but felt now was the right time to give it a break after an unprecedented run on the cable music channel.

"We want to close this era of 'TRL' in a big celebratory way, and 10 is a great number," Sirulnick said. "And 10 is the number that TRL' counted down every single day for 10 years, and we hit this 10th [anniversary] and we thought, You know what? This feels like the right time, and let's celebrate it and let's reward it. And let's let it have a little bit of a rest for a minute.' Let it catch its breath! Been working hard — for 10 years!"

"TRL" debuted in September 1998 and became the splashy center of the teen pop music scene with Britney Spears, the Backstreet Boys, 'NSync and other acts. From its heydey until now, it's been a destination for celebs promoting their new music and movies.

Sirulnick said "TRL" — which airs weekday afternoons from MTV's Times Square studio — lost some luster as it aged. It peaked in 1999 with 757,000 viewers tuning in daily, according to Nielsen Media Research.

For the finale, Sirulnick said



Oh, the agony: Now we'll have to go to Carmen Electra's house if we want to hang.

he hopes to celebrate with many of the "folks who helped make 'TRL' what it is." He named Justin Timberlake, Carson Daly and even Eminem.

In a statement, the rapper said:

"I'm going to miss 'TRL.' ... Where else will I be able to start feuds, defend my honor vigorously and act like an angry teenager on national TV? Oh, wait ... the VMAs!" FRIN CARL SON (AP)

MORE THAN

UNIVERSITY **ADMISSIONS REPRESENTATIVES**



Graduate **Schools Day**

Monday, September 22 3:00pm-7:30 pm

Law **Schools Day**

Tuesday, September 23 3:00pm-7:30 pm

For more information. call (202)994-0055 or visit www.gradfair.gwu.edu

G20578

GRADUATE & PROFESSIONAL SCHOOL FAIR

WASHINGTON, DC

The Charles E. Smith **Athletic Center**

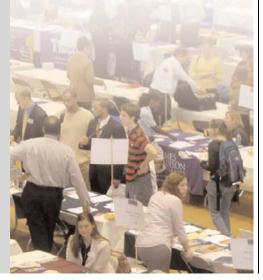
The George Washington University 22nd and G Streets, NW

3 blocks from Foggy Bottom/GWU Metro



Sign interpretation available

If you require special consideration because of physical disabilities, please contact us at least 48 hours in advance.



'Incredible! "Unbelievable!"

Sundays

and get weekdavs

Just \$1.50 a week.

That's 67% OFF the newsstand rate for 7-day home delivery!

"No way!"

1-800-357-9352, Ext. 2

washingtonpost.com/ subscribe

The Washington Post

If you don't get it, you don't get it.

Offer expires 12/28/08. Restrictions may apply

DDA8 RPNE

Take Metrobus or Metrorail to

SATURDAY & SUNDAY

Sept. 20 & 21

Enjoy FREE, guided walking tours (and some bike tours) in neighborhoods across Washington!

Check the schedule at

www.WalkingTownDC.org or call 202-661-7581

WAMU 88.5 FM







PLEASE DON'T RIP OFF BON JOVI: David Cook, the 2008 "American Idol," actually has talent, and it would be a shame if his just announced, as-yet untitled Nov. 18 release ends up becoming formulaic radio rock.

Not Horsing Around

Harry who? Daniel Radcliffe to star in 'Equus' on Broadway

MATURING | Daniel Radcliffe is talking about Alan Strang, the troubled young man he plays in "Equus," the Peter Shaffer drama now being revived on Broadway: "The brilliant thing about Alan is that you wouldn't notice him walking down the street. He's kind of inconspicuous. He's like Alec Guinness in all those films where he just sort of becomes invisible as soon as he walks into a crowd."

Invisible is not a word you would use to describe Radcliffe, who, at age 19, is probably one of the most recognized young actors in the world, thanks to a certain boy wizard created by J.K. Rowling.

Even dressed down in jeans, a black leather jacket, a gray T-shirt and the slightest scruff of a beard (which does nothing to make him look much older than his nearly two decades). Radcliffe draws stares as he strides confidently through an office-building lobby.

Upstairs in a TV studio, he expounds on Strang, the pivotal role in Shaffer's play, which tells the tale of why this youth blinds a stable full of horses. Words pour out, youthful in their enthusiasm and surprisingly adult in their perception.

"Alan is not academically bright, but he has amazing intellect," Radcliffe continues, adding that though the boy "might be considered slightly simple and gentle ... he has an incredible imagination."

"Equus" was a big hit on Broadway in 1974 with Peter Firth in Radcliffe's role and Anthony Hopkins portraying the psychiatrist who tries to unlock his secret. Hopkins' part is now being played by Richard Griffiths, who co-starred with Radcliffe in the 2007 London production of "Equus" and who portrays nasty Uncle Vernon in all the "Harry Potter" movies.

Says the older actor, a Tonywinner for "The History Boys," of



Radcliffe tried to silence his neigh-sayers as the troubled Alan Strang in "Equus.

Radcliffe: "I'm really pleased with him. He's right at this awful stage of moving from being a child actor to no longer a child."

That's part of the reason Radcliffe tried theater.

"The stage is much more a test of nerve [than film] and seeing what you are made of," Radcliffe

explains. "It would be very easy to do simple stuff. It doesn't really interest me that much. Even if I screw up, it's good to know what my limits are. It's good to get a sense of what I can and cannot do."

"Equus" opens at the Broadhurst Theatre on Sept. 25. MICHAEL KUCHWARA (AP)

COUNTRYSIDE STADIUM 20

HE WOMEN (PG-13)
YLER PERRY'S: THE FAMILY THAT PREYS (PG-13)

RIGHTEOUS KILL (R) - ID REQ'D (1130 1240 210 330 450) 63

(1230 315) 730 100s BURN AFTER READING (R) - ID REQ'D (Stadium) (1200 220 445) 715

/ARS (PG) REQ'D (1235 315) 65: ID REQ'D 95: F DRAGON EMPEROR (PG-13) (1255

JRN AFTER READING (R) - ID REQ'D (1140 1250 200 340







WeekendPass makes the weekend top-rated.

Every Thursday in Express.



Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) * Adv. Tix on Sale EAGLE EYE (PG-13) * SURN AFTER READING (R) - ID REQ'D (115 230 415 515) 645 745 HIGHTEOUS KILL (R) - ID REQ'D (130 245 430 530) 715 815 945 1045 TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (100 400) 700

LY ME TO THE MOON 3D (G) IOUSE BUNNY (PG-13) C: HOUSE BUNNY (PG-13) /ICKY CRISTINA BARCEI ONA (PG-13)

ANGKOK DANGEROUS (R) - ID REQ'D (215 500) 730 1015 (145 445) 730 1030 (200) 945 (430) 715 (100 345) 630 900 (200 500) 800 1045

GALLERY PLACE STADIUM 14 701 Seventh St NW 800-FANDANGO 1721#

dv. Tix on Sale FIREPROOF (PG) ★ Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) * Adv. Tix on Sale EAGLE EYE (PG-13) *

TYLER PERRY'S: FAMILY THAT PREYS - DP (PG-13) (1230) 330 620

TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1145 150 230)
430 530 715 810 1010 1045
THE WOMEN (PG-13) (150) 415 700 945 HIGHTEOUS KILL (R) - ID REQ'D (1150 1240 215) 315 500 630 730 RN AFTER READING (R) - ID REQ'D (1215 115 245) 400 515 640

745 910 1015 (1200 225) 455 725 955 ANGKOK DANGEROUS (R) - ID REQ'D C: HOUSE BUNNY (PG-13) (1155) 720 HOUSE BUNNY (PG-13) TROPIC THUNDER (R) - ID REQ'D (100) 350 705 940 INEAPPLE EXPRESS (R) - ID REQ'D 345 1005 RANSSIBERIAN (R) - ID REQ'D (1210 240) 510 750

UA SNOWDEN SQ STADIUM 14 9161 Commerce Ctr Dr

Adv. Tix on Sale FIREPROOF (PG) ★ Adv. Tix on Sale EAGLE EYE (PG-13) *

(130 445) 715 1000 "YLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (115 200 400)
445) 700 745 945 1030
RIGHTEOUS KILL (R) - ID REQ'D (100 145 330 415) 645 730 930 1015 URN AFTER READING (R) - ID REQ'D (115 200 345 430) 630 715

ANGKOK DANGEROUS (R) - ID REQ'D (215 500) 730 1015 RAITOR (PG-13) (215 500) 745 1030 C: HOUSE BUNNY (PG-13) (230) 800 (345) 930 (515) 1025 HF LONGSHOTS (PG) /ICKY CRISTINA BARCELONA (PG-13) (145 400) 645 915 ROPIC THUNDER (R) - ID REQ'D (130 415) 700 1000

MAJESTIC STADIUM 20

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) *A
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) *
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium)
(1205 1245 130 210 240 320 410 445 515) 600 645 730 800 845

830 93 BURN AFTER READING (R) - ID REQ'D (Stadium) (1230 100 245 33

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★
Adv. Tix on Sale LAGUE (PG-13) ★
TYLER PERRY'S: THE FAMILY THAT FREV'S (PG-13) (Stadium) (100
130 200 335 405 435) 640 710 750 930 1000 1030
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (105 140 345 415) 705 735

THE WOMEN (PG-13) (Stadium)
BURN AFTER READING (R) - ID REQ'D (Stadium)
BURN AFTER READING (R) - ID REQ'D (Stadium)
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium)
BANGKOK DOROGO (PG-13) (Stadium)
RW-TRATIOR (PG-13) (Stadium)
BW-THE HOUSE BUNNY (PG-13) (Stadium)
DEATH RACE (R) - ID REQ'D (Stadium)
THE LONGSHOTS (PG) (Stadium)
THE LONGSHOTS (PG) (Stadium)
THE LONGSHOTS (PG) (Stadium)
THOPIC THUNDER (R) - ID REQ'D (Stadium)
THOPIC THUNDER (R) - ID REQ'D (Stadium)

Adv. Tix on Sale Lakeview Terrace (PG-13) *
Adv. Tix on Sale Eagle EYE (PG-13) *
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1245 330) 715

950 FHE WOMEN (PG-13) (1210 230 500) 730 1000 RIGHTEOUS KILL (R) - ID REQ'D (1200 100 220 320 445 545) 700 800 BANGKOK DANGEROUS (R) - ID REQ'D (1200 215 445) 715 9 (1245 300 515) 730 9

Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale LAKEVIEW TERRACI

BABYLON AD (PG-13)

GERMANTOWN STADIUM 14

Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★

AdV. 11X On Sale EAGLE EYE (PG-13) ★
RIGHTEOUS KILL (R) - ID REQ'D (145.215 445.515) 730.800.1
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (130.200
500) 715.745.1015.1 BURN AFTER READING (R) - ID REQ'D THE WOMEN (PG-13)
BANGKOK DANGEROUS (R) - ID REQ'D
DISASTER MOVIE (PG-13)
TRAITOR (PG-14) IISAS I EH MUVIE (PG-13)
RAITOR (PG-13)
IOUSE BUNNY (PG-13)
IO: HOUSE BUNNY (PG-13)
IEATH RACE (R) - ID REQ'D
HE LONGSHOTS (PG)
ROPIC THUNDER (R) - ID REQ'D
HE DARK KNIGHT (PG-13)

BALLSTON COMMON STADIUM 12 671 N Glebe Rd

Adv. Tix on Sale EAGLE EYE (PG-13) ★
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (150 440) 720

DISASTER MOVIE (PG-13) (135 440) 715 1000

Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
THE WOMEN (PG-13) (15
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13)

YLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1200 1245 130 235 335 415 510) 615 700 750 900 945 1025 (1200 1245 130 235 335 415 510) 6 BURN AFTER READING (R) - ID REQ'D (Stadi

DISASTER MOVIE (PG-13) (Stadium)

G) (115 425) 715 101 (140 445) 730 100 ID REQ'D (105 230 405 500) 705 745 935 101

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (100 400) 700

HIV. 17 OH SAIR FACLE FTE (FG-13) X ITHE WOMEN (FG-13) (1113 ITYLER PERRY'S: THE FAMILY THAT PREYS (FG-13) (1113 345 445) 580 730 RIGHTEOUS KILL (R) - ID REQ'D (1100 1200 145 230 413 (120 420) 7 (1100 200 530) 80

Volunteers Needed

The National Geographic Museum at Explorers Hall, located at 1145 17th St., NW, Washington, DC, is currently accepting applications for volunteer docents for the Whales Tohora exhibit, running from October 15 – January 2009. Responsibilities include greeting visitors and groups and interpreting exhibition. Training will be provided.

Volunteers must be able to work from Oct. 15-Jan. 18, with a minimum of 16 hours per month, during museum hours, 9:00 a.m.-5:00 p.m., Monday through Saturday and 10:00-5:00 on Sunday. Please call 202/828-5471 for an application and more information. For more information about the exhibition, please visit: http://collections.tepapa.govt.nz/exhibitions/whales/



Concerts, movies. events, restaurants and more.





Advanced Ticketing at MovieWatcher.com

A.M.Cinema - All seats \$4, \$5, or \$6, Digital 3D \$7 or \$8, IMAX \$9, before noon on Fri., Sat., Sun., & holidays - denoted by () AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22 Eisenhower Ave and Telegraph Road in Alexandria

THE IMAX EXPERIENCE KUNG FU PANDA: THE IMAX EXPERIENCE (PG)

6:45, 9:00 SPACE STATION 3D (NR-NOT RATED) 3:45, 5:15

DIGITAL 3D

FLY ME TO THE MOON 3-D (G) 1/45, 6:55

JOURNEY TO THE CENTER OF THE EARTH (PG)
475, 9-10

PROUD AMERICAN (PG) 2:30, 5:00, 7:30, 1:0:05

IIGHTEOUS KILL (R) 1:35, 2:30, 4:00, 5:00, 6:30, 7:30, 9:00, 10:00

IIGHTEOUS KILL (R) 1:35, 2:30, 4:00, 5:00, 9:00

IURFER, DUDE (R) 1:30, 3:40, 5:50, 8:00, 10:10

TYLEP PERRY'S THE FAMILY THAT PREVS (PG13) 1:40, 3:20, 3:50, 2:00, 6:36, 3:37, 7:38, 8:48, 9:15, 9:45, 1:10.1 TYLER PÉRRY'S THE FAMILY THAT PREYS (PG13) 1:40, 3:20, 3:5
420, 605, 633, 705, 735, 845, 915, 945, 10:15
THE WOMEN (PG13) 1:50, 4:30, 7:15, 9:50
BABAGKON DAMECROUS (R) 2:15, 4:40, 7:10
BABYLON A.D. (PG13) 2:40, 7:35
DISASTER MOVIE (PG13) 3:05, 5:20
TRAITOR (PG13) 1:55, 4:35, 7:20, 10:00
DEATH RAGE (R) 2:05, 4:40, 7:10, 9:40
THE HOUSE BUNNY (PG13) 2:20, 4:50, 7:05, 9:30
MIRRODS (R) 4:55, 9:55
TROPIC THUNDER (R) 2:00, 4:45, 7:15, 9:45
PINEAPPLE EXPRESS (R) 8:20
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 3:05, 5:40

140 THE DARK KNIGHT (PG13) 2:25, 5:45, 9:05

AMC SELECT

AMC SELECT

15, 115, 4:35, 5:35, 7:00, 8:00, 9:15,

):15 ICKY CRISTINA BARCELONA (PG13) 2:10. 4:30. 7:00. 9:20

AMC COLUMBIA MALL 14

THE IMAX EXPERIENCE
(UNG FU PANDA: THE IMAX EXPERIENCE (PG)

SPACE STATION 3D (NR-NOT RATED) 1:10, 2:45

<u>DIGITAL PRESENTATION</u>
BABYLON A.D. (PG13) 12:50, 3:20, 5:50, 8:15, 10:45

RIGHTEOUS KILL (R) 2:20, 5:05, 7:30, 10:10
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:00, 2:00, 4:00
5:00, 7:00, 8:00, 9:35, 10:35

THE PRINT'S INE PAMILY THAT PRETS' (PG13) 1:00
500, 700, 800, 935, 10:35
THE WOMEN (PG13) 2:05, 4:50, 7:45, 10:20
BANGKOR DAMGEROUS (R) 2:40, 5:10, 7:40, 10:05
DISASTER MOVIE (PG13) 6:00, 8:20, 10:40
TRAITOR (PG13) 1:50, 4:30, 7:20, 9:55
TRAITOR (PG13) ISS
TRA

AMC SELECT.***
RN AFTER READING (R) 2:15, 4:45, 7:15, 9:40

LOEWS GEORGETOWN 14 3111 K Street, N.W 202-342-6441

RIGHTEOUS KILL (R) \(\sigma \) 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:05, 10:20 SURFER, DUDE (R) \(\sigma \) 1:15, 3:05, 5:10, 7:25, 9:30 TYLER PERRY'S THE FAMILY THAT PREYS (PG13) \(\sigma \) 1:45, 4:30,

TYLER PERRYS THE FAMILY THAT PRETS (PG13) 1.70,

-SPECIAL ENGAGEMENT No passes or discount coupons

AMC POTOMAC MILLS 18

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)

4:10, 8:10, 10:25 SPACE STATION 3D (NR-NOT RATED) 1:00, 2:35,

DIGITAL 3D FLY ME TO THE MOON 3-D (G) 2:00, 6:50 JOURNEY TO THE CENTER OF THE EARTH (PG)

4-20, 3-10

PROUD AMERICAN (PG) 1:50, 4:40, 7:10, 9:40

RIGHTEOUS KILL (R) ✓ 1:45, 2:30, 4:30, 5:15, 7:15, 7:55, 10:00, 10:25

SUBFER, DUDE (R) ✓ 1:03, 3:15, 5:30, 7:40, 10:05

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) ✓ 1:00, 1:40, 17LER PERRY'S INE PARMILY 11M PRESS (PE) 434, 415, 500, 615, 7:00, 7:45, 9:00, 9:45, 10:20
THE WOMEN (PG13) / 1:15, 4:00, 6:45, 9:30
BANGKOK DAMGEROUS (R) 2:05, 4:35, 7:05, 9:35
BABYLON A.D. (PG13) 7:45
DISASTER MOVIE (PG13) 2:40
TRAITOR (PG13) 2:10, 4:50, 7:25, 10:00
DEATH RADE (R) 4:45, 10:05
THE HOUSE BUNNY (PG13) 1:30, 4:10, 6:55, 9:25 DEATH RAGE (R) 445, 10:05
THE HOUSE BUNNY (PG13) 1:30, 4:10, 6:55, 9:25
STAR WARS: THE CLONE WARS (PG) 1:35, 4:05
TROPIC THUNDER (R) 1:55, 4:55, 7:35, 10:10
TROPIC THUNDER (R) E⊠ 1:55, 4:55, 7:35, 10:10
PINEAPPLE EXPRESS (R) 1:45, 7:20
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:20,

THE DARK KNIGHT (PG13) 6:30, 9:50

BURN AFTER READING (R)
2:50, 5:10, 7:30, 9:50

AMC COURTHOUSE PLAZA 8

urthouse and Bir 703-998-4AM PROUD AMERICAN (PG) 2:00, 4:20, 6:50
THE WOMEN (PG13) / 2:40, 5:20, 8:00
BANGKOK DANGEROUS (R) 2:20, 4:40, 7:10

THAITOR (PG13) 2:30, 5:10, 7:50
THE HOUSE BUNNY (PG13) 3:20, 5:40, 8:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:10,

1ME 3031211114450, 7:30
SEX AND THE CITY (R) 4:00, 7:00
AMC SELECT
HAMLET 2 (R) 2:50, 5:00, 7:20

MAGIC JOHNSON CAPITAL CENTRE 12 800 Shopper's Way, Largo 301-324-4220

PROUD AMERICAN (PG) 1:20 4:20, 7:20, 9:50
RIGHTEOUS KILL (R) 1:235, 1:35, 3:35, 4:35, 6:35, 7:35, 9:30, 10:15
YULER PERRY'S THE FAMILY THAT PERFY (PG13) 1:205, 1:05, 2:05, 3:05, 4:05, 5:05, 6:05, 7:05, 8:05, 9:00, 10:00
BARIGKOK DAMERENOUS (R) 1:40, 4:40, 7:40, 10:10
BABYLON A.D. (PG13) 1:2:10, 2:25, 4:55, 7:25, 9:55 BANGKOK DANCEROUS (R) 1-40, 440, 7-40, 10-10 BABYLON A. D. (PG13) 12-10, 225, 455, 7-25, 9-55 DISASTER MOVIE (PG13) 3:00, 7-50 TRAITOR (PG13) 1:10, 4-10, 7-10, 10:10 DEATH RADE (R) 1-15, 4-15, 7-15, 10:15 THE LONGSHOST (PG) 12-15, 200, 4-45, 7-50, 9-35 MIRRORS (R) 12:30, 5-15, 10:05

LOEWS SHIRLINGTON 7

BURN AFTER READING (R) 1:30, 2:30, 4:10, 4:40, 7:10, 7:50
VICKY CRISTINE BARCELONA (PE13) 1:540, 4:10, 7:00
I SERVED THE KING OF ENGLAND (R) 2:20, 5:00, 7:40
BOTTLE SHOCK (PG13) 1:40, 4:20, 7:40
BRIDESHEAD REVISITED (PG13) 4:30
BRIDESHEAD REVISITED (PG13) 4:30 IBERIAN (R) 1:45, 7:20 RIVER (R) 2:00, 7:30 ONE (NR-NOT RATED) 4:50

LOEWS UPTOWN 1

3426 Connecticut Avenue N 1-800-FANDANGO #713 THE DARK KNIGHT (PG13) 2:00 5:15 8:30

express

DIGITAL 3D

10:40
TYLER PERRY'S THE FAMILY THAT PREVS (PG13) ✓ 1:20, 2:40, 4:05, 5:15, 6:45, 8:00, 9:20, 10:35
THE WOMEN (PG13) ✓ 1:35, 4:30, 7:20, 10:05
BANGKOK DANGEROUS (R) 1:00, 3:20, 5:45, 8:20, 10:45
BABYLON A.D. (PG13) 5:35, 7:55, 10:10
TRAITOR (PG13) 1:30, 4:20, 7:00, 9:40
DEATH RACE (R) 7:50, 10:20
THE HOUSE BUNNY (PG13) 1:10, 3:30, 5:50, 8:10, 10:30
STAR WARS: THE CLONE WARS (PG) 12:50, 3:10, 5:30
TROPIC THUNDER (R) 1:50, 4:35, 7:15, 9:50
PINEAPPLE EXPRESS (R) 10:15 PM
THE DARK KNIGHT (PG13) 1:15 PM
THE DARK KNIGHT (PG13) 1:15 PM
THE DARK KNIGHT (PG13) 1:15, 5:445, 7:35
WALL-E (G) 12:55, 3:15

■AMC SELECT ■
BURN AFTER READING (R) ✓ 12:50, 3:05, 5:25, 7:45, 10:05
VICKY CRISTINA BARCELONA (PG13) 1:15, 3:35, 5:55, 8:25, 10:45

AMC MAZZA GALLERIE

PROUD AMERICAN (PG) \(\sigma \) 2:00, 4:40, 7:30
RIGHTEOUS KILL (R) \(\sigma \) 2:10, 4:50, 7:20
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) \(\sigma \) 2:30, 5:00,

7:50
THE WOMEN (PG13) ✓ 1:50, 4:30, 7:10
BANGKOK DANGEROUS (R) 2:50, 5:20, 8:00
TROPIC THUNDER (R) 2:20, 5:10, 7:40
THE DARK KINGHT (PG13) 7:00
MAMMA MIA! (PG13) 7:00

LOEWS RIO CINEMAS 18

DIGITAL 3D FLY ME TO THE MOON 3-D (G) 4:30, 6:40 JOURNEY TO THE CENTER OF THE EARTH (PG)

10:45 SURFER, DUDE (R) ✓ 1:15, 3:35, 5:45, 7:50, 10:00 TYLER PERRY'S THE FAMILY THAT PREYS (PG13) ✓ 1:05, 2:00,

North Bethesda 1-800-FANDANGO #741

THE WOMEN (PG13) 2:00, 4:50, 7:25 BANGKOK DANGEROUS (R) 2:10, 4:35, 7:30 TRAITOR (PG13) 2:15, 5:00, 7:35

WeekendPass makes the weekend historic.

AMC TYSONS CORNER 16 7850 Tysons Corner Center

JOURNEY TO THE CENTER OF THE EARTH (PG)

1:05, 3:20, 5:40, 8:05, 10:25

RIGHTEOUS KILL (R)
1:00, 2:10, 3:25, 4:40, 5:50, 7:05, 8:15, 9:35,

10:40

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) ✓ 1:20, 2:40,

4:05 5:15 6:45 8:00 0:90 10:35

PROUD AMERICAN (PG) 1:30, 4:00, 6:35, 9:15
RIGHTEOUS KILL (R) ✓ 1:00, 2:05, 3:25, 4:40, 5:55, 7:15, 8:20, 9:45,

SURLEY, BUBLE (19. 11.9) 1.13, 3.35, 7.35

LOEWS WHITE FLINT 5

BURN AFTER READING (R) 2:25, 4:40, 7:15
VICKY CRISTINA BARCELONA (PG13) 2:05, 4:45, 7:20

ed Captioning · 🔊 - Descriptive Video Se

Styles. Every Friday

5:00 p.m. - 7:00 p.m. Expand your child's horizons at this special event. It's fun, festive, and free!

601 S. Carlin Springs Road Arlington, VA 22204 For more information, call 703-717-7200 Save the Date!

• Live entertainment provided by Lawrence Cummings of Magic Up Close

September 25, 2008

- Face painting, storyteller, children's activities, ribboncutting ceremony and light refreshments
- Tours of our brand new state-of-the-art child care and
- Openings available in our two's and preschool programs



GW SCHOOL OF BUSINESS WASHINGTON DC, ARLINGTON AND ASHBURN

Bright Horizons

Grand Opening
Celebration

Thursday, September 25, 2008

Child Care & Education

at Virginia Hospital Center

MASTER OF SCIENCE IN

Information Systems Technology

Energize your career. Learn to design and manage information systems to solve management problems and create business opportunities.

Specialize your coursework. Focus on key technologies, strategic thinking, collaboration and methodologies for decision making and leadership.

Concentrations available: Management Information Systems Information Systems Development Information Systems Project Management

Executive MS in Information Systems

*EMIS & MIS tracks only

Information Sessions

Wednesday, September 24, 6:30 pm Duquès Hall • 2201 G Street, NW • Washington, DC 20052

Thursday, September 25, 7:00 pm Virginia Campus • 20101 Academic Way • Ashburn, VA 20147

> 703.726.8330 msist@gwu.edu • www.msist.gwu.edu

Applications are being accepted for Spring 2009.



Bring Us Your AMBITION.

the freshest styles











- Do you have difficulty concentrating or focusing?
- Do you have trouble with organization?
- Are you often losing or misplacing things?
- Do you feel restless?

THEGEORGE WASHINGTON UNIVERSITY MEDICAL CENTER WASHINGTON DC

If so, you may have Adult Attention Deficit Hyperactivity Disorder (ADHD).

If you are between the ages of 18 and 50, you may qualify to participate in a clinical research study in which you will receive investigational medication and study-related physical exams at no cost. This study is located near the Foggy Bottom Metro station and requires 18 visits over 13 months.

> For information, call (202) 994-2273 www.researchGW.com

The George Washington University is an Equal Opportunity/Affirmative Action Institution.



Take two weeks this fall to launch or enhance your career in the field of Events ...

Event Management Professional Education Fall Intensive Program

Weekdays in October

In 14 days, you can be on your way to earning a Certificate in Event Management from The George Washington University School of Business. The accelerated format makes it convenient for new students to complete core courses and electives or current students to take just the classes they need to complete the coursework.

> Classes run daily from Monday, October 3 to Thursday, October 30, 2008

> > Monday-Thursday 9 am - 4 pm

Don't Wait. Call 877-498-4477 to enroll. Or email empinfo@gwu.edu

Visit www.gwutourism.org/careereducation for general information.

Event Management Certificate

The George Washington University School of Business

THE GEORGE WASHINGTON UNIVERSITY

Learn what the Experts Practice

32 | EXPRESS | 09.17.2008 | WEDNESDAY

Entertainment

Gamers: 'The Force' Is Weak

Latest 'Star Wars' release doesn't live up to all the hype

GAME ON | Remember that sense of wonder you felt the first time you saw "Star Wars"? Me neither.

Oh, sure, it was fun, but nothing to inspire the kind of devotion it's gathered over the years. Its thin, derivative mythology just doesn't bear up under the weight of all the junk — the prequels, the cartoons, the books, the action figures — that has accumulated over the years.

By and large, I can live without "Star Wars" video games, too. With a few exceptions - "Knights of the Old Republic," "Lego Star Wars" games based in George Lucas' faraway galaxy have been disappointing. There are far better science-fiction games out there, such



"The Force Unleashed" isn't bad, but it's not as mind-blowing as promos portray it.

as "Mass Effect" and "BioShock," but they're easily outnumbered by uninspired "Star Wars" titles.

LucasArts has been building up the hype for its latest game, "Star Wars: The Force Unleashed," for months, promising that this one would get it right. Then again, Lucas promised the same thing with "Revenge of the Sith."

The main selling point of "The Force Unleashed" is that it lets you play the bad guy. The villain is Darth Vader's "secret apprentice," and his job is to hunt down the last of the Jedi. The missions take you to a variety of exotic planets where you'll fight against rebels.

You can cut a swath of destruc-

tion with your light saber alone, but it's more fun to use your Force powers. You can send enemies flying with a force pusher. You can zap them with lightning bolts or shock waves. And when you come face to face with a larger foe, you have to figure out how to effectively mix your Force abilities.

The story takes place between the third and fourth episodes of "Star Wars," and it doesn't have much for the non-fan to chew on. "TFU" is also marred by some technical problems, like bland level design and awkward camera angles. Still, "TFU" is entertaining for most of its eight-hour length; it's just not revolutionary. Lou kesten (AP)



Concerts, movies, events, restaurants and more.



Look for site highlights in today's Express.



COMEDY IS OFFICIALLY DEAD: Following her hilarious turn as Hillary Rodham Clinton last weekend on "Saturday Night Live," Amy Poehler has announced that she'll be leaving the show after the election in November and has no plans to return.

Television

ON TV TONIGHT

Contestants design outfits for recent graduates making their transition to the work force on **PROJECT RUNWAY** (9 p.m., Bravo).

MR. BIG'S ALWAYS WALKING OUT A priest's request reopens an old case on LAW & ORDER: CRIMINAL INTENT (10 p.m., NBC). This episode marks Chris Noth's second departure from the franchise.

BONNY PRINCE CHARLIE

Barbara Walters hosts 20/20: THE ROYAL FAMILY (9 p.m., ABC), a look at a year behind the walls of Buckingham

INTRIGUE!

LUSTINE DODGE

CASTLE FORD

JERRY'S FORD

3111 AUTOMOBILE BLVD

6510 LITTLE RIVER TURNPIKE

Ford

A murder unfolds at an English country house in the 2001 mystery GOSFORD PARK (9 p.m., IFC), directed by Robert Altman and featuring an extensive and impressive cast.

BLOGGER EXTRAORDINAIRE

Jay Leno hosts Ed Harris and Meghan McCain on THE TONIGHT SHOW



IT'S A GRAND BRITISH MYSTERY! Maggie Smith stars in "Gosford Park."

(11:35 p.m., NBC).

DYSTOPIA

A crooked politician becomes president of a Depression-wracked America, and he is transformed by a visiting angel into a dictator-like super-president fighting gangsters and militarism in the 1933 political fantasy GABRIEL OVER THE WHITE HOUSE (midnight, TCM). KEVIN MCDONOUGH (LINITED FEATURE SYNDICATE)

The Loudest Whisperer

Millan turns a talent with canines into a full-blown TV career

JUMPER | I have always been fascinated by the ability of personalities from basic-cable shows to turn themselves into bigger stars than actors on network shows that have much bigger audiences. Folks who play themselves — like Jon Stewart, Stephen Colbert and the lazy creatures from "The Hills" — are more recognized and get more buzz than actors who play characters on relatively popular shows such as "Criminal Minds" or "NCIS." Reality television appeals to our lazier nature, feeding us a steady parade of "characters" who can play only themselves.

And nobody has done a better job of extending his fame, brand and



CANINE AUTHORITY: Cesar Millan quest-stars on "Bones" tonight.

celebrity than Cesar Millan of "The Dog Whisperer." He appears tonight on an episode of "Bones" (8 p.m.).

Millan, the author of several

popular books, has certainly made the rounds of both cable and network series. He has appeared on an episode of "The Ghost Whisperer" on CBS, "Kathy Griffin: My Life on the D-List" on Bravo and even "The Girls Next Door" on E! Millan's "Dog Whisperer" character was featured in an episode of "South Park," in which he succeeds in taming the raucous Cartman after several "Supernanny" types had failed.

Tonight's "Bones" involves the peculiar murder of a local veterinarian with a weakness for gambling. His shady past and gruesome wounds quickly link his murder to the dogfighting underground. Booth and Brennan hire Millan (as himself) to help find the dog and the homicidal owner behind the crime. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

express

HYUNDAI

703-361-9600 WWW.MANASSASHYUNDAI.COM

BROWN'S MANASSAS HYUNDAI

WWW.LUSTINEONLINE.COM

703-256-5000 JERRYSFORD.COM



PASSORT INFINITI

ROSENTHAL ARLINGTON MAZDA

Arlington 750 North Glebe Road

automobile dealers



ROSENTHAL GAITHERSBURG MAZDA ZDA 1-800-450-4963 gaithersburgmazda.com

DARCARS NISSAN

1-888-209-7211

DA 1-800-863-0420

WWW.PASSPORTINFINITI.COM

LEXUSOFSILVERSPRING.COM

301-309-2200 WWW.DARCARS.COM

355 TOYOTA/SCION

TOYOTA OF BOWIE 301-309-3917 16700 GOVERNOR BRIDGE RD WWW.TOYOTAOFBOWIE.COM

ROCKVILLE, MD 15131 FREDERICK RD

TOYOTA **355 TOYOTA**

301-309-3917 WWW.DARCARS.COM **ALEXANDRIA TOYOTA** 703-684-0700

ALEXANDRIA, VA 3570 JEFFERSON DAVIS HWY ALEXANDRIATOYOTA.COM

KAY JENNINGS SPRINGFIELD TOYOTA 703-451-0300 springfieldtoyota.com Springfield, Va. 6570 Amherst Ave.

KOONS TYSONS TOYOTA VIENNA, VA 8610 LEESBURG PIKE

888-505-1137 WWW.KOONS.COM

301-867-1600

more cars on the net



@washingtonpost.com

(H)**VOLKSWAGEN**

ALEXANDRIA VW

ALEXANDRIA, VA 107 W. GLEBE RD



301-309-3900 WWW.DARCARS.COM



MOORE LUXURY CARS

8595 LEESBURG PIKE

MOORELIJXURYCARS.COM

Hurry! Limited time offer!

Buy 26 Weeks of Sundays and Get Weekdays Free!



JUST \$1.50 A WEEK — THAT'S 67% OFF THE NEWSSTAND RATE FOR 7-DAY HOME DELIVERY!

The Washington Post If you don't get it, you don't get it.

I-800-357-9352, Ext. washingtonpost.com/subscribe

Offer expires 12/28/08. Restrictions may apply

26RP RPN1 S390 5:





FRUIT OF THE GODS: You can find fresh peaches — and fresh everything else — at Eastern Market in Southeast D.C.

To Market, to Market

Local produce can infuse the fall with the best of summer

As autumn gently settles upon our shoulders — a cool breeze here, a rain shower there - and slowlybut surely chases away the heat of August, you might find yourself

yearning for summery activities. You want to connect with nature, but you're no longer willing to trek somewhere and go camping when it's probably going to rain anyway. If you're looking for a connection to the Earth that will also keep you healthy, try farmers markets.

For the most blithely bourgeois of experiences (which is what everyone is secretly looking for at a farmers market), head straight for Dupont Circle on Sunday mornings. My favorite vendor is the man who sells the crab cakes, but this sprawling ode to fresh food is full of farmers selling excellent food at ridiculous prices. But, hey, that's what Dupont Circle does best.

The mother of all farmers mar-

FOR AN EXTENDED version of this article (and more!), visit expressnightout.com

kets is, of course, Eastern Market in Southeast D.C. The pancakes at Market Lunch are unrivaled (get a stack of Bluebucks) — and the rest of the bustling indoor market offers cheeses and meats to complement the fruits and vegetables you'll find outside. Not to mention the cheap wallets and expensive antiques on sale in the vicinity, in case you are in need of such things.

If you are going somewhere this weekend and want to get some fresh vegetables without waiting for Saturday morning, there's a Wednesday afternoon smorgasbord of local produce about a block from the Foggy Bottom Metro station, You can stock up on homemade pastas and jellies, along with fall vegetables. The real find is the bread stall, where you can purchase the best almond croissant you've ever eaten. No, really. FIONA 7UBLIN (EXPRESS)

- → Dupont Circle Market, 20th Street between Massachusetts Avenue and Q Street NW; Sundays, 9 a.m.-1 p.m. (Dupont Circle)
- → Eastern Market, 306 7th St. SE: Tue.-Sun., varying hours. (Eastern Market)

thescene



Soul man Eli "Paperboy" Reed plays the Rock and Roll Hotel Friday night.

THURSDAY

Faraquet: Once upon a time, a D.C. rock band made math rock. Then it broke up. Then it got back together and played the Black Cat tonight Black Cat 1811 14th St NW; 9 p.m., \$8; 202-667-7960. (U St.-

Arlo Guthrie: Folk singer responsible for "Alice's Restaurant," son of Woody Guthrie. The John Center, 2700 F St. NW: 8 p.m., \$20-\$65; 202-467-4600. (Foggy Bottom)

The Most Excellent and Lamentable Tragedie of Romeo and Juliet": If vou're tired of all-male Shakespeare productions, try out this all-female version of Shakespeare's classic tale of adolescent hijinks. Capitol Hill Arts Workshop, 545 Seventh St. SE; 7:30 p.m., \$10; 202-26I-66I2. (Eastern Market)

Eli "Paperboy" Reed & the True

Loves: Retro soul with a funky edge.

8:30 p.m., \$10-\$12; 202-388-7625.

of Mayan women in Spanish with

Mestiza Power: A play about the lives

English subtitles. National Museum

of the American Indian, Fourth Street

and Independence Avenue SW: 7:30

p.m., free; 202-633-I000. (L'Enfant

TXT MSG: Two art exhibits that celebrate

the place of the alphabet in our society.

Athenaeum, 201 Prince St., Alexandria;

through Sept. 2I, free; 703-548-0035.

text itself - letters, typography and

Plaza)

(King Street)

The Rock and Roll Hotel, I353 H St. NE;

FRIDAY

Mogwai plays classic post-rock (rock

on, or your sing on (they're an instrumental outfit, anyway). Another fascinating fact about the band: Its name means "ghost" in Cantonese and is a reference from the movie "Gremlins" — the band meant to change it, but "never got around to it." See the band

topstops



An Argument for Staying Single

Tyler Perry, he who lays claim to "House of Payne," has decided to mine the most fertile of dramatic territory. In "The Marriage Counselor," a woman has a successful career as a relationship guru while having trouble keeping her own marriage together. F.Z.

→ Warner Theatre, 513 13th St. NW: 8 p.m., \$49-\$62; 202-783-4000. (Metro Center)

A Thorough Self-Examination

You might know David Carr as a renowned columnist for the New York Times, but perhaps you're less familiar with his past. David Carr the journalist was once David Carr the crack addict, and, using his journalistic skills, he deftly sums up his harrowing experiences in a new book, "The Night of the Gun: A Reporter Investigates the Darkest Story of His Life. His Own." See him tonight at Olsson's discussing his courageous work. K.E

→ Olsson's Books and Music, 1307 19th St. NW; 7 p.m., free; 202-785-1133. (Dupont Circle)



Post-Rock Ghosts

'n' roll instruments, a whole different vibe) and does it with some serious flair. It's not exactly uppity stuff — the sort of music a seasoned postrock fan might enjoy more than those of you just looking to get your dance

at the 9:30 Club tonight, K.E.

→ 9:30 Club. 815 V St. NW: 7 p.m., \$20: 202-265-0930. (U St.-Cardozo)

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at expressnightout.com/topstops.

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

Reach over 280,000 readers daily



MEGA in **EXPRESS**: Sept. 8-17

MEGA in The Washington Post: Sept. 7&14

MEGA online: All of September on washingtonpost.com TO PLACE A CLASSIFIED AD CALL

202-334-6200

HELP WANTED (JOBS) ADS CALL

202-334-4100

Legal

CREDIT CARDS ACCEPTED



JOBS

Patent Secretary/

Docket Clerk

Patent law firm in Ashburn, VA seeks a patent secretary or docket clerk with at least 2 yr of exp. Duties may include docketing, filing docs with the USPTO, client correspondence, and other general office tasks. Excellent attn to detail, proofreading skills and proficiency in MS Office required. FT position. Sal DOE.

Fax resume to: 703-726-6024 or email to: resume@rkmlegalgroup.com.

JOBS

HELP ELECT

OBAMA

Work with MoveOn.org Political Action and Grassroots Campaigns to register vot-

Positions available immediately! Leader-

AA Activism

to Place Your Ad for MEGA

ACTIVISM

JOBS Environment America \$9-14/hr

JOBS

Fight Global Warming! Work with Great People Make a Difference

Work with Environment America on a campaign for clean energy and a green economy.

Career Opportunities and benefits available.

Capitol Hill, DC Call Sandy at 202-546-3965 www.jobsfortheenvironment.org ship & post-election positions available also. \$8/hr. Call Sam in Alexandria at 703-548-3790 or Pat in Fairfax at 571-225**JOBS**

Activism

Local Community Organizing Jobs: Work with the Chesapeake Bay Foundation's community outreach team to protect the local environment and public health. M-F 1:30-10 pm.

Contact Citizens Campaigns: sramsay@cleanwater.org 202-895-0420 x113

Beautician - Female or male w a following. Good location, parking. Chair for rent. Call 301-437-7152 and leave a message.

BEAUTY SALON: Benning Rd. seeking Hair Stylist, Manager & Nail Tech. 301-237-3944.

Business Management - Real Leaders Please Stand Up! TOLAD, Inc., Managers needed to open new marketplaces- will train- Call 301-536-4235

CASHIER & STOCK CLERK Liquor store in Upper NW area. FT apply in person 3500 Wisc. Ave. DC T hiring immed. **JOBS**

CUSTOMER RELATIONS

Up to \$16.00. Authorized Energy Consultant. Piece Work Compensation Guaranteed. Fun Work Environment. Advancement Oppty. Students Welcome! Call 202-558-5347

DANCERS—Wanted for Gentleman's Club (PG County), \$300-\$500/night. No exp. needed Leave info: **240-286-3660** or **301-568-8500**

DELIVERY - P/T or F/T RESTAURANT DELIVERY Silver Spring/Burtonsville area. Call Barbara. 301-622-2552 or (cell) 703-887-0953

DRIVER, CDL BUS DRIVER 30 hrs/wk, up to \$16.50/hr. AM/PM school run, CDL w/B-C class & P endorsement. Background check. Call:202-636-9203

Engineering

Electrical Design Engineer

Allen & Shariff Engineering a top 50 MEP Engineering Design firm in Columbia, MD seeking qualified electrical designers/engineers experienced in commercial building electrical design including power distribution systems, lighting and life safety systems. Qualifications include B.S. engineering degree, 3-5 years design experience and CAD experience required.

Fax resume to 410-381-7110 or email hr@allenshariff.com

HAIRSTYLISTS
F/T Hairstylists needed for busy salon. License required. Up to 70% commission.
Call Mega Hair 2000
301-735-0002

Health Education
Community Health Worker
Will educate stroke patients in the hospital and at home. Experience working in community, interest in health care, ability to work independently and with a group, necessary. sdp.protect@gmail.com or 202-877-1605.

A/C Equipment Mechanic

The National Gallery of Art is seeking multiple experienced A/C Equipment Mechanics to operate, maintain, troubleshoot, and repair its HVAC&R building mechanical equipment and systems. The position requires heavy physical effort and the ability to take operational readings from HVAC equipment. This is a secure government job with great benefits and a salary range from \$23.59 to \$27.55 hourly. U.S. citizenship and a pre-employment physical and background check are required.

For application information and instructions go For application information and instructions, go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #08-64A. Federal competitive service applicants should refer to #08-64B. Applicants are strongly encouraged to read the entire vacancy announcement and ensure that all required information is provided in their applications. Simply applying online does not fulfill all the application requirements for these positions. Please call Mr. Bixler at 202-242 6350 persons information. 842-6350 for more information. Applications will be accepted through 10/3/08. EOE.

Lab Aide

Maps Path Lab. FT, 12pm - 8pm. Recent BS/ Biology. In Sterling, VA. Fax resume 703-404-1131

Laborer - P/T, 25 hrs/wk. \$10/hr. 301-277-4920

MAINTENANCE ENGINEER

Immediate position available for a high rise apartment building in D.C. Must have a minimum of 2 years supervisory exper working with hot water boiler systems, CFC certified, HVAC, water cooling condensing units, cooling tower & electric generator. Must also have electrical and plumbing skills with the ability to troubleshoot and make necessary repairs. Thorough backgrd check conducted, Email Resume to

dboone@borgermanagement.com, or Fax (202) 898-1549.

\$20 Per Hour No Experience Needed

paid training & benefits (703)750-0115

Nurse

Resident Care

We are seeking an energetic DC licensed RN to provide management & coordination of resident care for a 28 bed nursing unit. Incumbent will provide direction & leadership to staff for optimal development. Under the direction of the DON, Manager will assure that residents receive quality nursing care by assessing/evaluating, planning, implementing services that address their daily needs. RN will promote a safe clean & nutruring. RN will promote a safe clean & nurturi environment for residents & sta

BSN pref, must be a grad of an accredited nursing scholl with a min of 2 yrs combined clinical & supervisory exp-LTC exp req. Ability to organize work & obtain results through the work of others & must posses ability to deliver quality services to acute care residents. Admirable compensation & benefits

Submit resume w/salary req. via e-mail to rwinston@wcasnh.com, fax (202) 541-6337 or visit us to complete an employment application at 2601 18th Street NE Washington, DC 20018.

Are you looking for a new opportunity at a dynamic, growing company?

Are you dedicated to providing exemplary service to the Federal Government?



If so, come to Ambit's Open House:

Friday, September 19th from 10am to 3pm **Location: 1895 Preston White Drive, Suite 220**

Reston, VA 20191/

The Ambit Group is a dynamic Woman-Owned, Service-Disabled Veteran-Owned Small Business Consulting Firm and Washington Technology's number 10 fastest growing firm. Ambit seeks qualified consultants (at all levels) for immediate openings across the DC Metro region to include:

Business Process Analysts, Project Mgrs, Proposal Mgr, Change Mgmt, EA Specialists, System App. Programmers/Analysts & Comm. Specialists

Ambit is an Equal Opportunity Employer offering a competitive benefits package.

If you are unable to attend, please send your resume to resumes@theambitgroup.com.

Please no phone calls or recruiters.

Part Time Admin/Sales Rep. Salary: \$8.00-\$14.00 per hours based on experience. Call for more information: 301-333-8500.

Classifieds

JOBS

Property Management

Riverstone Residential Group Employment Fair September 18th, 2008 11AM to 2PM -and-5PM to 9PM

Riverstone Residential Group has immediate employment opportunities in the apartment management field due to amazing growth and recent promotions to the highest executive levels. Riverstone is the largest privately owned apartment home management company in the country, and continues to grow at a steady and strategic pace. If you are interested in being the best, among the best, please bring multiple copies of your resume and be prepared to interview and be hired. We find strength in our diversity. EOE

Current Opportunities

- Regional Property Manager
 Regional Marketing Director
 Regional Maintenance Director
 Property Manager
 Assistant Property Manager
 Leasing Manager
 Leasing Associate
 Internet Leasing Associate
 Telephone Leasing Associate
 Maintenance Manager
 Assistant Maintenance Manager
 Maintenance Technicians
 Make-Ready Technicians

Riverstone Residential Group 15204 Omega Drive, Ste 350 Rockville, MD 20850 www.RiverstoneRes.com 240-813-2100 240-813-2101 fax

R.E.

1st Call Long & Foster

We offer comprehensive training on how to get your real estate license and succeed in real estate. The market is ramping up – NOW is the best time to get your real estate license. FREE exam prep course. FREE information packet. Call:

DC Region 202-237-9695 NO VA Region 703-560-9044 Montgomery Co. Region 301-417-7100 All other areas 1-800-543-3365 ongandfoster.com/careers

LONG & FOSTER

Real Estate

RYLAND HOMES NEW HOME SALES PROFESSIONALS

Ryland Homes, a Fortune 500 Company and one of the largest homebuilders in the country, has an opportunity in its Washington Division in Fairfax, Virginia, for a highly experienced Sales Counselor.

We are currently seeking experienced, enthusiastic and hardworking individuals interested in furthering their career. Candidates should have two to three years prior new home sales experience, present a professional appearance, have great communication skills and have strong work ethic. High School Diploma or equivalent – Bachelor Degree a plus.

Ryland offers a comprehensive compensation and benefit package, including 401(k) with company match. Fax resume to: 703-502-5262

EOE/M/F/D/V Drug screen required.

Real Estate

RYLAND HOMES SALES TRAINEE/COUNSELOR

Ryland Homes, a Fortune 500 Company and one of the largest homebuilders in the country, has an opportunity in its Washington Division in Fairfax, Virginia, for a New Home Sales trainee.

We are currently seeking aggressive, enthusiastic and talented individuals looking for a career in new home sales. You do not need to have prior residential home sales experience. If you join us with a passion for sales and people, we will provide the training! High School Diploma or equivalent – Bachelor Degree a plus.

Ryland offers a comprehensive compensation and hydrationers a complete inside compensation and benefit package, including 401(k) with company match, tuition reimbursement, fitness reimbursement, employee stock purchase program with company match. For more information about Ryland, please visit www.ryland.com

For immediate consideration, fax resume to: 703-502-5262

EOE/M/F/D/V Drug screen required.

Restaurant

- Line Cooks
- Cocktail Servers
 Bartenders

Great \$\$\$. FT/PT. Apply in persor **FAST EDDIE'S** in person 2-6pm: 1520 K St. NW Washington, DC.

Real Estate

RYLAND HOMES MODEL ATTENDANT

Ryland Homes, a Fortune 500 Company has an opportunity in its Washington Division for a part-time-hourly Model Attendant.

We are currently seeking experienced, enthusiastic and hardworking individuals with good communication and computer skills. High School Diploma or equivalent is required.

For immediate consideration, fax resume to: 703-502-5262

EOE/M/F/D/V Drug screen required.

RESEARCH ASSISTANT

Small, downtown, professional, yet outwardly informal biostatistical firm involved in medical research/consulting seeks a research assistant to support study teams in compiling reports, word processing, correspondence and documentation. Must have a BA/BS in science or mathematics. Opportunity to learn SAS programming and statistical methods. Proficiency in MS Word helpful. Fax cover letter, resume, and references to (202) 247-9701 or e-mail to office@statcollab.com. Use Ref (WP-RA-0809) to apply for this position.

Research

Project Specialist

The Washington, DC Research Advancement Office of the University of Southern California (USC) seeks a Project Specialist to join its dynamic team. Must be energetic, self-motivated, and very detail-oriented. Responsibilities include interacting with USC faculty, federal funding agencies and re-searchers around the U.S. and the world, and analyzing data related to USC's res-earch activities. Very competitive salary and excellent benefits package. Bachelor's degree w/2 yrs. experience recommended. Combined experience/education may substitute. Apply by October 10th online at www.usc.edu/jobs.Search req ID 25573. Equal Opportunity Employer.

Restaurant

AUSTIN GRILL

CENTREVILLE, VIRGINIA!!! Don't miss out on our hottest opportunity!!

Come be part of the BEST!!

ON SITE HIRING!!!! SERVERS * BARTENDERS

APPLY IN PERSON ANYTIME FROM: 9-11AM & 2-5PM

Austin Grill 5825 Trinity Parkway, Centreville, VA 703-266-3745 –Ask for any Mgr.

RETAIL STORE MANAGER F/T

oni Firenze Shoes opening Fall 200 OFFERING:

-Salary + Commission + Incentives -Bonuses + Medical Benefits -Paid Vacation -Paid Vacation REQUIREMENTS: -Prefer retail or shoe experience. -Some computer knowledge. -Fax: 858-404-0013 or email jobs@rangonishoes.com

RN needed to deliver a full scope of nursing services at SOME, INC medical clinic. DC License req. Malpractice Insurance req. No weekends. No cost health insurance/dental/401k match. Email: jobs@some.org; Subject: Registered Nurse

MAKE UP TO \$6K PER MONTH WORKING WITH US.

Automotive experience not necessary...
Join us now and receive:

- Training salary Commission up to 40% Weekly bonuses Benefits package

- CANDIDATES MUST:

 Have a valid drivers license

 Be at least 24 years of age

 Be able to work 12 hour days

 Have a professional neat appearance

 Very good communication skills

Apply in person Monday thru Thursday 10am - 11:30am at

Pohanka Honda 4608 St. Barnabas Road Temple Hills, MD 20748



SECURITY OFFICERS

immediate openings. Downtown DC . A fts. Weekly pay, no experience necessary. Appl n-5pm, CES Security 8555 16th St, Ste 100 ver Spring, MD. 301-608-8264.

Security Officers

Need pt income? Company has openings for pt on call OFFICERS. Must be 21. DC SO lic. pref but will train. Sites near metro. Flex hrs. All shifts avail. Apl Online: www.ppssvc.com In Person: 1050 17th Street, NW, Suite 600 Fax res.: (202)

Security

SECURITY OFFICERS

OFFICERS

Immediate openings for exp. customer focused f/t DC licensed security officer to perform overall security duties in order to reduce the potential for vandalism, theft & unauthorized facility access. HS grad or GED req., ability to communicate effectively orally & through written correspondence; 2 yrs exp in security or a related field, must possess DCSO license pref. or be eligible to meet all req. to obtain license, ability to work weekends, ability to respond to emergency situations, and valid driver's license is req. \$11.80 p/h + benefits. Submit cover letter & resume with salary req. via e-mail to rwin ston@wcasnh.com or via fax @ (202) 541-6337. WCAS is located at 2601 18th St. NE WDC 20018.

TEI EMARKETING

\$75,000 Full Time

Start earning the money you deserve! Work enthusiastically for our Award Winning Marketing Company!

We are located in Laurel @ 312 Marshall Avenue *Call us today*

Novo1 • 301-361-1111

Drug free workplace

CAREER TRAINING

A Bar Career

- in 1-2 Weeks

 Days, Evenings & Weekend Classes

 Free Lifetime Job Placement Assistance

 Approval by the State of MD

 National Alcohol Awareness Certificate (T.I.P.S.)

 Call for nearest location 1-866-411-2MIX

 www.authenticbartendingmd.com

Achieve a career in Massage Therapy in as few as 7 months! Call **National Massage Therapy Institute** today. 800-784-1421

A PRO BAR SCHOOL

- Serving DC since 1968 1, 2, or 5 week programs Awesome job placement se On Metro and Free Parking (703) 841 9700

www.bartending-school.com CTO-SCHEV

Become a Massage Therapist in just 7 months!

Call National Massage Therapy Institute Today! ĊTO-SCHEV 800-859-2214

Become a Nursing Assistant
Call Dominion Academy
240-770-7774 / 202-409-6564
Enroll today
7726 Finns Lane, suite LL2
Lanham Maryland 20706
Approved by the Maryland Board of Nursing and
the Maryland Higher Education Commission

JOBS

Learn Medical BILLING & CODING

Financial Aid if qualified Job Placement Help Day, Eve, Weekend



1(877)707-4488

CAD

Train for a career in computer-aided design at **Westwood College**. Call 800-342-2249 today to receive your free Career Success Kit! www.westwood.edu/locations

SAVE \$300 WITH THIS AD!

- ESTHETICS COSMETOLOGY MASSAGE THERAPY
- **ELECTROLYSIS & LASER**

INSTITUTES

- FINANCIAL AID IF YOU QUALIFY JOB PLACEMENT ASSISTANCE
- TO ALL GRADUATES
- HIGH STATE BOARDING EXAM **PASSING RATE**
- DAY, EVE, WEEKENDS
- STUDENT VISAS

 METRO ACCESSIBLE CALL NOW AND ENROLL!!!

703.532.5051

350 S WASHINGTON ST, SUITE 300, FALLS CHURCH, VA 22046

www.AnaVisageInstitutes.com

Earn Your Degree **HEALTH INFORMATION TECH** SANZ 1(877) 707-4488

APRENDA < APRENDA Sangle S

Ayuda Financiera si califica (877)844-2505

Become a Certified Computer Technician

Career Technical Institute 888.639.6244

JOBS

The Maryland-National Capital Park and Planning Commission **MERIT SYSTEM BOARD MEMBER** (#15548)

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION (M-NCPPC) is seeking applications and nominations from the Maryland Washington Regional District (Montgomery and Prince George's Counties) to serve on the Merit System Board. The Merit System Board is composed of three members, knowledgeable and experienced in human resources administration and appointed by the M-NCPPC for four year-terms. The Merit System Board is the highest level appellate Board within the Commission for hearing employee appeals. Responsibilities include, making recommendations to the Commission regarding the Merit System; prepare and recommend Merit System Rules and Regulations; and prepare and review compensation and classification plans.

This position requires a motivated individual with excellent communication skills and demonstrated education and/or experience in successful administration of human resources programs. For additional information visit our web site; www.mncppc.org/jobs/. Submit resume/application with contact information for professional references to Samuel Peebles, Human Resources Director. References will not be contacted without the consent of the applicant. Applications can be e-mailed to Wanda.Fells@mncppc.org or mailed to 6611 Kenilworth Avenue, Suite 404, Riverdale, Maryland 20737.

The Maryland-National Capital Park and Planning Commission is an Equal Opportunity Employer and women and minorities are encouraged to reply.

L.P.N

Classes: Day, Evening & Weekend MLC (703) 527-0055 1840 Wilson Blvd., Arl., Va Certified SCHEV • Approved VBON

Become a Medical Billing and Coding Professional

Career Technical Institute 888.639.5627

Learn PHLEBOTOMY

12 Weeks: Eves, Sat or Sun 1(888)461-8181

CONSTRUCTION MANAGEMENT

Train for a career in

Construction Management at Westwood College

www.westwood.edu/locations

CRIMINAL JUSTICE

Train for a career in Criminal Justice at Westwood College, Call 888-605-2244 today to receive your free Career Success Kitt www.westwood.edu/locations

HELP FIGHT CRIME
WITH A CAREER IN CRIMINAL JUSTICE!
Train in Criminal Justice or
Information System Security!
Ongoing Career Services Assistance.
Financial Aid for those who qualify.
For a Brochure, Call now!
888-791-3444
Sanford Brown College - Vienna

Maryland Dental Assistant School IN JUST 10 SATURDAYS YOU CAN HAVE THE SKILLS YOU NEED TO GET A IOR AS A

DENTAL ASSISTANT

10 week entry level course,
Saturday only
Tuition \$1950- payment plans.
Call for info Packet
301-213-1144 September 20, 2008 Reg by MHEC

NEEDED People to train as CARDIOVASCULAR

TECHNICIANS! Get training in this exciting career field and you could help save lives!
CALL NOW
888-805-2333

Sanford-Brown Institute 8401 Corporate Dr. Ste 500 Landover, MD 20785

PARAMEDIC TRAINING

Westlink offers CPR, Basic EMT & Paramedic training. Classes meet weekly. Upon completion you will take the critification exam. Close to Metro Center.

For details call: (202) 552-7385

or email: Thewestlinkci@hotmail.com

Prepare for a new life! Make a difference,

even with the little ones as a Diagnostic Medical Sonographer. Train in less time than you think! Career services available Financial Aid for those who qualify. Training includes an externship!

For a Brochure, call now! 888-805-2333 **Sanford-Brown Institute** 8401 Corp Dr. #500 Landover, MD

Quality First Career Center

Classes start soon

PHLEBOTOMY-10 WK PROGRAM CNA 4 WK PROGRAM. CNA to GNA PROGRAM-72 HOURS, CPR & FIRST AID

6475 New Hampshire Ave, #501 Hyattsville, MD 20783 CALL 301-270-5105

Job Placement Assis/Financial Assis Avail Day/Eves Classes. Approved by State of Md. Board of Nursing & Md. Higher Ed. Comm. www.qfccinc.com

CAREER TRAINING

CAREER TRAINING



Training in the Massage Therapy field can lead to employment in spas, fitness centers, physicians' office and other health related industries. We also offer Medical Assisting.

Day & Evening Classes • Financial Aid if Qualified • VA Approved

Job Placement Assistance • ACCSCT Accredited • SCHEV Certified

6295 Edsall Road Alexandria, Vi

COLLEGE 877-206-3353

TRAIN FOR A JOB WITH THE AIRLINES!

AIM is now accepting students for our Aviation Maintenance Program.

Learn to work on the Big Ones!

These companies and many others have hired AIM graduates!

■ U·S AIRWAYS









- Day or Evening Classes
- · Rapid Path to Graduation · High Benefit Careers
- ACCSCT Accredited
- · Financial Aid If Qualified
- · Job Placement Assistance
- SCHEV Certified
- · FAA Approved A & P School

Aviation Institute of Maintenance

9821 Godwin Drive · Manassas, Virginia 20110

Help Yourself by Helping Others

Train to be a **MEDICAL ASSISTANT**

Sanz's Medical Assistant program equips you with the skills you need to succeed in the healthcare field.

Work with Doctors at Clinics, Doctors' Offices and more.

Training includes:

Phlebotomy Vital Signs Diagnostics Administration

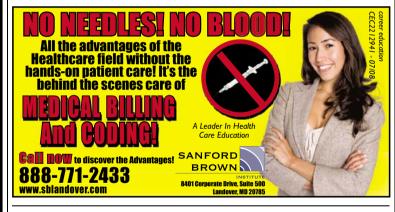


Accredited by **ACCET** Approved by

DC Education Licensure Commission **Maryland Higher Education Commission** State Council of Higher Education for Virginia

- Financial Aid If You Qualify
- **Job Placement Assistance**
- ✓ Convenient DC, MD and VA Locations
- Convenient AM, PM and Weekend Classes

Falls Church, VA



GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!



Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- · Medical Claims Adjuster
- Medical Insurance Processor

Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available



888-639-8766 2131 K St. NW Btw. 21st&22nd St.

TRAIN FOR A CAREER IN **HOMELAND SECURITY** AT EVEREST COLLEGE

Graduate in less time than you think!

Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203

CALL: 888-249-8108 VA schools are CTO SCHEV

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT **EVEREST COLLEGE**

No high school diploma or GED? We have options!

Tysons Corner Campus 1430 Spring Hill Road, Suite 200 McLean, VA 22102

Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203 CALL: 888-249-8093 VA Schools are CTO SCHEV

TRAIN TO BECOME A MEDICAL ASSISTANT IN LESS TIME THAN YOU THINK

Three locations to choose from!

Everest College Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203

Everest College Tysons Corner Campus 1430 Spring Hill Road, Suite 200 McLean, VA 22102

Everest Institute Silver Spring Campus 8757 Georgia Avenue Silver Spring, MD 20910

CALL: 888-259-5889 VA Schools are CTO SCHEV

Westwood College

Train for a new and exciting career at **Westwood College** Call 877-852-9712 today to receive your free Career Success Kit! www.westwood.edu/locations

BUSINESS AND FINANCIAL OPPORTUNITIES

BEAUTY SALON, for sale 1/2 price. 240-505-7988

Buy & sell a business. Gas sta, restaurant, beer/wine. Dollar Store, Kamal, 240-683-0071.

RESTAURANT Business & bldg w/2+ ac. in Outer

VENDING OPPORTUNITY must sell Rts. VA-MD-DC. Call 202-439-6100

SERVICE SOLUTIONS

Craig's Moving & Hauling Furniture pickup & delivery Flexible pricing. No job to small. Craigshauling@gmail.com 202-372-6933

STUFF

6PC- Cherry Bedroom Set- New in crates \$450.Can del.301-399-7870/

BD \$125 full sz set new in plastic.Can del.

BD \$235 pllw top king matt set Brand new in plastic.Can del 301-343-8630

BLOWOUT SALE!

Carpet \$1.59 sq ft. Hardwood floor \$5.98 sq ft. Price includes installation. 301-341-2499.

Couch/Lvst \$450 mcrfiber, New never used 301-399-7870

Engagement Ring—Beautiful ring and band \$15,000.00, Springfield, VA, 703-941-4002 - 2.19 cts total - Serious inquiries only.

European Furniture—\$1,750; Queenstown, MD, 410-490-7530 handpainted, champagne finish 1940 sideboard,marbletop table, bench!!

MATT \$140 Qn Double pllwtop set new in plastic.Can del 301-343-8630

SEASONED FIREWOOD—1 cord \$195, 2 cords \$350. 4x4x8. 703-675-1235

The Last Mattress Ad That You'll Ever Read Irg selection, all szs in plastic, \$59-\$279/Basic, Serta & Simmons. Box spring included. Warr. DC/MD/VA Same Day Delivery avl. A.J. 301-674-2843 / 301-779-4BED www.mattressforlessstore.com

TICKETS

Bahamas/Florida \$395 w/cruise. 2 for 1. Buy 1, companion goes free. 5 days. Open date. 2 for 1 airfare. 757-424-2026

Redskins Tix—Great Seats! Cardinals 9/19 & Browns 10/21 45yd Sec. 121 Row 13. 2 pair for \$360.00. Call 240-375-9620.

ADOPT A CAT/KITTEN VET CHECKED Call Feline Foundation. 703-920-8665 www.ffgw.org

CHIHUAHUA—AKC, shots, records, paper trained, lifetime health guar, pet & show, real teacups. Puppy kits. 301-812-1578

FELINE ADOPTION FAIR

GERMAN SHEPHERD PUPS -

Sunday, September 21, 1-3 p.m. VCA BARCROFT CAT HOSPITAL Church, VA **703-920-8665 x3** Information Feline Foundation www.ffgw.org

German Shepherd—Puppies, 10wks, Import f.Germany, Blck/tan, sable, AKC, SV, Vacc., World-Champ.Lines, \$1,800.00,571-643-1213

St Poodles—\$900.00, beautiful females, 22 wks old, 1 22 months, champion lines, shots crate train, home raised 410-329-6464

Yorkie—\$350, Female, 8 weeks yrs old, 202-848-2758 rjames4561@yahoo.com

YORKIE ADULTS/PUPS - TOTAL SALE!! M/F. Parents AKC, Shots & de-wormed. Teacups/ standards. \$600+ **540-894-5333** # **N36S**

Yorkshire Terrier—Females,akc home raised ex qual. mature @ 5lbs Shots wormed leave message or evenings 850.00 cash only 540-667-7490

Yorkshire Terrier—\$600 m,\$800 f; 8 wks; ready to go home @12 wks; home raised and pad trained; call 571-330-9839 4 more details.

CAREER TRAINING

RENTALS

New Face. \$\$\$**\$\$\$**\$\$\$

15 Million Dollar Renovation New Look, Same Great Value.

PARK BERKSHIRE APARTMENTS

6311 Pennsylvania Avenue Forestville, MD 20747

2 MONTHS FREE! LIMITED TIME! 877-289-6913

1,2 & 3 Bedrooms from \$785 to \$1,214 www.parkberkshireapt.com



Steps away from everything II BRAND NEW APARTMENT COMMUNITY! II

!! 2 MONTHS FREE! LIMITED TIME!!! 8190 Strawberry Ln. Falls Church, VA 22042 877-289-7036 CALL NOW! ii 1,2 & 3 Bedrooms from \$1,615 to \$3,980 **CAREER TRAINING**





North Bethesda Living

Up to 2 Months FREE Rent*

Three unique finish levels | Granite countertops | Stainless steel appliances | Sunrooms in every home | Fully-equipped health club | Cyber café | Steps to White Flint Metro | From Only \$1.550

*See leasing associate for details **M**ONTEREY

APARTMENTS 888.709.3821 www.TheMontereyApartments.com

Adams Morgan—Sunny 2 br, 2 ba, \$2,500/mo +utils; DW, Deck, Balc, WD, HWF, Fplc, Avail. 10/1 Jon 202-262-2852

Adams Morgan-TH, 2BR, 2.5 BA, parking, CAC, carpet threw out, Nr metro and bus \$2800/m+ util. 202-531-3969

Grand Re-Opening!!

Pre-Leasing Newly Renovated Apartment Homes for Fall 2008

Ask about our Free Gas Card

1 Month FREE Rent

Arbor Vista 877-208-7955

www.arborvistahlomes.com 9408 Adelphi Road Adelphi, MD 20783 Hours: M-F 9-6 Sat 10-5 Sun 12-4 in by 8/14/08. Call for Details.

ALEX 2BR 2BA Landmark Mall. Spac. Hi Rise lux condo cac. W/d in unit. Easy commute to DC. \$1600/mo. 202-787-3819

Alexandria—\$1375, 2 br, 1 ba,alex, VA, Nr Pub Transp, Newly Ren,AC,st.sp., pool, pk, 215.519.1720 ALEXANDRIA- 1BR/BA unit avail now (1702 West Abingdon Dr #201). Full Kit, W/D, A/C, nr Old-Town.

\$1250/mo. Call 858-414-2902 or rmcljc@aol.com **Anacostia**—\$800.00+ utl, 2 br, 4 unit bldg, Nr Pub Transp, a must see, 240-398-9827

Arnold \$1695
STUNNING GARAGE TOWNHOME IN GOLF
COURSE COMMUNITY
1104 BRASSIE CT. 3BR, 4BA, TWO DECKS, ALL
APPLIANCES, BACKS TO TREES, REC RM. 410-979-

Bladensburg - SFH, 5BR/3BA, mins from B.W. Prkway, excel condition, Call 240-463-8150 or 301-430-0816

Bowie—\$1810, 3 br, 2 ba, 2 1/2ba, 3 lvls, 1 Car gar, call farone 240-463-5132, farone & associates

CAREER TRAINING

Now Accepting Applications For 2009 Move Ins!

1brs from \$1037 2brs from \$1239 3brs from \$1420

Brand New building w/ easy access to Shirlington Village & I-395

The Shelton

703-684-0866

Mon-Friday 1pm-5pm/Saturday 9am-3pm income restrictions apply, call for details

ASPEN HILL/SIL SPG— newly dec. 3BR TH, W/D, dk overlooks woods, wlk-out rec rm. 301-937-9500

BAD CREDIT OK, MOVE IN TODAY Houses/apts. 1-5 bedrooms 757-638-9777

BETHESDA—\$1800. 2BR 2BA, utils incl, 301-814-2925

Timberlawn Crescent

(877) 461-7603

Just off Tuckerman Ln 5707 Luxemburg St., N. Bethesda, MD 20852

1Br's from \$1,063 2Br's from \$1,277 3Br's from \$1,475

Income Restricted, Max Income Requirements:

Income Restricted. Max Income Requireme
1 Person - \$39,732
2 Person - \$45,383
3 Person - \$51,092
4 Person - \$61,300
6 Person - \$61,300
6 Person - \$67,798
7 Person - \$70,353
From I-270 N; Old Georgetown Road N; Right at Tuckerman Ln; Right at Valerian Ln; Left at Luxemburg 1

BOWIE— \$214,900. 3Lvl Col. style TH, 3BR, 2FBA, Edward Cunningham Exit Premier RE 301-669-0063 or 301-560-6700

CAPITOL HEIGHTS We've Got What You Want!

1 & 2 BRs starting at \$865!

1 & Z BKS Staft Ling at 3000:

Newly renovated kitchens

Individually controlled A/C &heat

New insulated windows

Community center

Playgrounds throughout

Near Metrorail, Metrobus and major highway

Highland Ridge Apartments

301-568-0770

CARVER TERRACE EAST—NE 1bed from \$700, 2bed from \$800, utilities included! 21st & Md Ave, between Hechinger Mall & Nat'l Arboretum (X8 bus line) Call 202-737-1690

CAREER TRAINING

Like New
3 br, 1 1/2ba, , 4903 - 7th Place, Wash, DC, Nr Pub
Transp, Newly Ren, WW Carpet, Form DR, Form LR,
WD, Hw Flrs, AC, 301-806-5904

Central Ave Area -4-5BR, 2.5BA SFH, 2 Fpls. Lots of space. Rent w/option Nr Metro. \$2200/mo. 202-286-0602.

Centreville—Lovely 1 BR, Pool, Exer, 6 yrs new, 754 sf, Sorry no pets, Avail Oct 1, \$1,195 703-282-3169

Chevy Chase—OPEN HOUSE SUNDAY 9/14 12-2\$2750.00, 3 br. 2 1/2ba, 8806 Spring Valley Road, Chevy Chase, MD, fin bsmt, Nr NIH/NaVI Med Ctr, CAC, 301-370-7308

Dupont Circle—\$2600, 1BR/1BA 16 & U NW DC, fully furnished, great location. Newly renov. Lg bay window, WD, DW, HW flrs. 202-255-7584

FORESTVILLE—Spac 4BR, nr Metro. Pvt drvwy. \$1700. 301-526-7407

Ft. Washington
READY IMMEDIATELY \$2200.00

11113 Old Fort Road, 4 br, 3 ba, DW, WD, CAC, large yard, deck, eat-in kitchen, stainless appliances, small pets allowed, 410-669-0573

NEWLY RENOVATED WASHER/DRYER IN EACH APT

ирто 1-1/2 Months Free 2 BRS from \$1350

- Ride on Bus at community entrance
- Fitness center and clubhouse
- Pet Friendly
- MORFI

GROVE PARK CALL 866-441-3309

www.grovepark-apts.com 750 Clopper Rd.

GALVESTON PLACE SW—beaut. 4BR \$1295. Good credit req. 1st mo's rent free. Contact 202-563-1791

EMPIRIAN VILLAGE Within Walking Distance to Metro

Spacious 1,2,3,4 BR

Apartment Homes Large 4-BR Townhomes

5 Minute Pre-Approval

Come in and let us show you how to

SAVE \$50 OR MORE 877-323-8963

6220 Springhill Dr., Greenbelt, Md. 20770

CAREER TRAINING

Call Today About Our Back To School Specials!



"New Horizons' expert staff and their emphasis on excellence far exceeded my expectations by providing me with career counseling, quality teaching, easy financing AND even helping to place me in a great job within the IT field!."

-Michael Gunther - Systems Administrator

Microsoft GOLD CERTIFIED

Partner



LEARN THE SKILLS & PAY THE BILLS! Cyber Defender, MCSE, MCSA, MCTS, CCNA, A+, Network+, Security+

New Horizons Computer Learning Centers World's Largest Computer Training Company

2010 Corporate Ridge, Suite 200 • McLean, Virginia 22102

Financial Aid VA & GI Bill Approved Job Placement Assistance SCHEV Certified www.newhorizons.com (703) 749-4022

RENTALS

HYATTSVILLE Near Arts District 1BR \$700. 2BR \$775+elec. 301-779-1734

HYATTSVILLE/Move-in Special!

1 BR FR. \$750. 2 BR FR. \$850 + A/C.Nice setting ear Nr. Arts District. Off street parking. Call TODAY! 301/927-8339

Hyattsville—Brick, Det Col. 3br, 1.5ba, 3Lvl, \$1700/mo. sec.8ok. Ed Cunningham 301-560-6700 301-669-0063

EVERGREEN TERRACE APARTMENTS 1&2 Bedroom Available by Oct.

- Walking Distance to Green Line Metro Transportation at Your Door Elementary School Across the Street
 - Hurry! Call Today! 301.853.2315

LANHAM—Room for rent. \$500 incl utils. Nr Metro. Call 301-237-6367

Landover- Section 8 ok, \$NEG, TH, 3 br, 2 ba, 2 Fls, Bus/Metro 240-601-9039

NOW LEASING newly renovated apartment homes

(2) AMBERLEIGH

AMBERLEIGHAPTS.COM

- NEW FITNESS CENTER & RESORT-INSPIRED POOL
- WIFI HOT SPOTS THROUGHOUT COMMUNITY
- PET-FRIENDLY ENVIRONMENT
- FASY ACCESS TO I-66 I-495 & METRO
- GOVERNMENT & MILITARY DISCOUNTS
- · ALL UTILITIES INCLUDED

8301 ANDERSON DRIVE

Maple Ridge

888-583-3045

Colonial

Village

888-583-3047

OXON HILI

LIFE to the fullest.

FAIRFAX, VA 22031

 Gated Community Free Gas & Water

 State-of-the-art fitness center

 Free 6 week camp

• FREE UTILITIES

• Swimming pool

Virginia, and 495

Gated Community

• FREE Gas & Water • Free 6 week summer camp

Sparkling Pool

 B/W Parkway, Metro, 495 New Walmart Across the

· Free 6 week summer cam Private balconies/patios • Minutes to Metro, DC,

703.560.7000

Your shade of green.













BRINGING GREEN APARTMENT LIVING TO TAKOMA.

Introducing Gables Takoma Park, an organically grown new way of life. Registered under the LEED Green Building Rating System with attractive interiors, superior community features, conveniently adjacent to the Metro and an eclectic Takoma location. Reserve your new home and discover your shade of green.

7035 Blair Rd NW • Washington, DC 20012 | Gables.com/TakomaPark



908 Marcy Ave. • Oxon HIII, MD 20745 Calvert Hall **Apartments**



877-203-6036

3817 64th Ave. • Landover Hills, MD 20784

FREE UTILITIES

 Spacious and modern ap · Wall to Wall carpet

Dishwasher

Private balconies/pation

5249 Kenilworth Ave. . Hyattsville, MD 20781 Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4



Liberty and the Distill of ENDLESS VEENS

for move-in for move-in scentives!



Luxury High-Rise apartments

866.357.5909

EnclaveSilverSpring.com 11225 Oak Leaf Drive • Silver Spring • MD

RIVERSTONE

877-898-6958 3402 Dodge Park Road • Landover, MD 20785

Upartments

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737 **GATED COMMUNITY**

Beautiful Kitchens - Granite Countertops

- Fitness Center on Property Reautiful Kitchens-

Riverdale

Village

800-767-**Ž18**9

- Washer/Dryer** • Outdoor & Indoor Pools
- · Free 6 week summer came
- Roomy, Modern Apts Private Balconies/Patios
- Free 6 week summer cam
- · Cathedral ceiling *select u • 1, 2, & 3 BR AVAILABLE.
- 09 Riverdale Road Riverdale, MD 20781 HUGE 2 BR TOWNHOMES

• FREE UTILITIES Walk to Metro Kings Square Walk to Elementary

School Davcare on Premises

Free 6 week summer cam

 Security Deposit payment plan (call for details)

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4 **CALL FOR FANTASTIC SPECIALS!**



Select Units







RENTALS

RENTALS



*ALL UTILITIES INCLUDED

FULL SIZE WASHER & DRYER. MICROWAVE & ICE-MAKERS

WALKING DISTANCE TO MINNESOTA AVE. METRO MOVE IN WITHIN THE NEXT 30 DAYS AND BECOME ELIGIBLE TO WIN A \$500 GAS GIFT CARD

SECURITY DEPOSIT REDUCED TO \$500

388-39

COME RESTRICTIONS APPL

www.lotussguare.com

2 Bedrooms **Apartments** starting at \$1329





Courts of Camp Springs

2 BR DUPLEX SPECIAL!!! MOVE IN WITH JUST \$500!!

Newly Renovated Community & Huge Flr. Plans



CHESAPEAKE LANDING

Monitored alarm systems

(888) 219-3519

\$99 SECURITY DEPOSIT*

1,2,3 BRs from \$915

Renovated apartmentsWasher/Dryer in each apartmentWall-to-wall carpet

Convenient to highways & shops
 Brand New Fitness Center

7509 Buchanan Street *ask for details

FREE RENT!* 1-BRs from \$1145

- Washer/Dryer in Every Apartment
- Kitchen Pantry & Dishwasher
- Large Floorplans
- Spacioius Closets
- Convenient to Metro, I-495 & Bltwy
 Large Pets Welcome

The Glendale (888) 878-8371

www.theglendaleapts.com

LEONARDTOWN—Pvt entr., 1-4 BR's, avail immed., from \$500+utils Nr Naval Patuxent base

MT. RAINIER-- Close to shops & rec. center 1BR, \$760. 2BR \$850. Utils. incl. (A/C xtra) CALL TODAY! 301-277-6202

ME- 1645 W. Virginia Ave. Newly renov 5BR 2BA apt, W/D hookup. Section 8 OK, 202-437-7565

N.E — 2BR, 1BA +electric. Section 8 welcome. ok. 202-744-9872

306 Evarts St., NE 202-269-1992

1 BR From \$895

- FREE Heat Renovated Kitchens Cable Ready
- Laundry Facilities On-Site Convenient to Metro (Red Line)

William C. Smith & Co./EHO

NE —5332 E. Capitol St. — 4BR, ac & prkg, \$2150. Vouchers welc. 301-218-5823

JETU APARTMENTS

869 21st St

1 BR SPECIAL \$700* FREE UTILITIES!!

- Wall-to-Wall Carpet Resident Controlled Entry On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance Steps away from Cafe, Shopping & Metro

877-814-0692

William C. Smith & Co. www.wcsmith.com *Must move in by 9/30/08.

NE- Nr 54th St . 5br, newly renov. Driveway. 1 step to front door. Sec 8 ok. Call 202-635-1499 **NE**—nr metro, free cbl, kit priv., \$150 & up/wk + dep. 240-463-4797

Comfort-Convenience--AFFORDABLE! **COME CHECK US OUT!**

FORT CHAPLIN PARK

One Block from Metro FREE off-street parking Landscaped courtyards & 2 BR apts/3BR townhomes 5% DISCOUNT TO ALL METRO & DC GOV'T EMPLOYEES

CALL TOLL FREE 877-269-4216

4212 East Capital St N.E.

Housing Choice Vouchers Welcome where rents are within voucher limits

NW - 1BR \$930 incl utils. Laundry on-site. Ft Stevens Prop 301-316-4590

5% DISCOUNT FOR GOVERNMENT. COUNTY & MILITARY PERSONNEL CONVENIENT TO METRO 6201 Maxwell Drive • Camp Springs, MD 20746 1-888-731-6453 Text 'WCS6' to #30364 for instant info & Photos www.thecourtsofcampsprings.com William C. Smith & Co *Call for Details **FOREST HEIGHTS**

A Change Has Comell Park Forest

- Close to Shopping
 Close to Transportation
 Free After School Program (ages 5 thru 12)
 Upgraded Apts Available
 Wall to Wall Carpeting
 Mon-Fri 9am-7
 Sat. 10-5nm

chelseawest

1, 2 and 3 bedroom apartment

homes with condo elements

· Located in the heart of Camp

• Fitness club with sparkling pool

• Downtown Washington, DC just

RIVERSTONE

• Nearby parks, picnic areas

· Located on the green line

minutes away

占自

Springs Town Center

- Central air/heat
 Shuttle Service Available Tennis Courts/Pools
- by 8/25/08

877-749-9010



BR from \$735

Not Just An Address.

It's A Location.





Available

OVERLAND GARDENS

The office # **301-322-8717**

3119 75th Avenue • Landover, MD 20785



- Close to Shopping

- Close to Shopping
 Close to Iransportation
 Free After School Program (ages 5 thru 12)
 Upgraded Apts Available
 Wall to Wall Carpeting
 Won-Fri:
 9am-7pm 9am-7pm Sat.: 10-5pm Sun.: 10-5pm Central air/heat
 Shuttle Service Available Tennis Courts/Pools
 Mins from National Harbor *Must sign lease
- 7 Forest 625 Audrey Lane, Oxon Hill, MD 20745 877-749-9010 www.theparkforest.com

Kent Village

Apartments & Townhomes

1& 2 Bedroom Apartments

kentvillage.com 1.877.819.3119

6707 Hawthorne Street Landover, MD 20785 One Bedrooms staring from only \$800!

5651 Auth Way Camp Springs, MD 20746 • 301.316.0780 www.chelseawestapts.com

SOME UTILITIES INCLUDED ALL CREDIT CONSIDERED INSTANT PRE-APPROVAL WALK TO METRO SE HABLA ESPAÑOL



Ask about our financial counseling program!

A Southern Management Community

southernmanagement.com

RENTALS

NW- 5406 3rd St. Newly renov, 1&2 br, crpt/hwd flr. Near mtr. \$750+util **Delwin Realty 301-608-3703**

Eddystone 888-432-0683

EFF From \$1372

- On-site Laundry Facility
 Walk to Metro

William C. Smith & Co./EHO www.wcsmith.com

Oak Park Apartments 125 Ivanhoe Street, SW 202-562-1600

Walk to Shopping Center/Grocery Store Near Hadley Hospital & 295

Rockville—\$3500.00, 5 br, 4.5BA furnished colonial. Granite,hdwd floors,sc gazebo.etc! 240-476-

Rockville

301-294-9448

1 & 2 BRs from \$963

- On Metro Bus route Convenient to shopping and dining

ROCKVILLE/GAITHS—Lrg 1&2BR. 1mo free, Lots or discounts. All utls/cbl incl. Unfurn/Furn/Corp. Bald Nr Metro. park w/ gym/pool. grocery. 301-948-0087

King Farm

Spacious and Well-Appointed 1, 2 and 3 BR **Apartments and Townhomes** in the Prestigious King Farm Community.

Call 1-888-713-1120

SE — 1-2BR apts nr. Grn Line. Secure, carpet, quiet bldg. Voucher Ok. 703-780-0040 Leave Message. SE 2343 Green St. spac 1 &2 BR, CAC, hdwd frl balc Indry, near metro, half off sec dep. \$675-\$775. Delwin Realty 202-678-2548

SE- 3109 Buena Vista Terr. SE. totally renov. 1BF 1BA apt w/hwd flrs, CAC, W/D hookup. 202-437

SE DANBURY ST — 1BR \$695. Good credit required. 1st mo's rent free, 202-563-1791

1-877-302-1029

1BR Flats \$705

- Wall to Wall Carpeting Private Balcony or Patio Controlled Entry System Laundry Facilities On-Site
- Close to Shopping, Dining & Metro
 William C. Smith & Co./EHO

Cedar Heights

866-765-3761

OPEN HOUSE SATURDAY September 13th 9 AM - 1 PM

Enter a Drawing to Win One Month's FREE Rent*

2BR from \$845

- Free Application Process
- Controlled Access
- Laundry Facilities on Site
- Spacious Floor Plans & Closet Space
 William C. Smith & Co.
 www.wcsmith.com

SE **GARDEN** VILLAGE

FREE Month's Rent*

ЕНО

ЕНО

- 1 Brs from \$725* Upgraded Units w/ Stainless Steel Appliances Next to the New IHOP & Super GIANT FREE Metro Shuttle FREE Off-Street Parking Boys & Girls Club at THEARC Office Hours Daily 8-5, Wed 8-7, Sat 9-4

866-286-2476 www.villagesofparklands.com 1720 Trenton Pl., SE Washington, DC 20020 William C. Smith & Co. *Call For Details

MANOR

VILLAGE

- **Ask About Our Accent Walls**
- 1 Brs from \$725*
- FREE HEAT
 Upgraded Units w/ Stainless Steel Appliances
 Next to the New IHOP & Super GIANT
 FREE Metro Shuttle
 FREE Off-Street Parking
 Boys & Girls Club at THEARC

- Boys & Girls Club at THEARC Office Hours Daily 8-5, Wed 8-7, Sat 9-2

888-275-2914

www.villagesofparklands.com 1717 Alabama Ave., SE Washington, DC 20020 William C. Smith & Co.

Newly Renovated 1 Bedrooms \$724

No Application Fee!
Call today for deposit specials!

River Hill **Apartments** (202) 562-5060

Professionally Managed by

New Horizon

1 BR \$705

2 BR \$805

Great Location.

Great Apartment.

Great Price!

William C. Smith & Co./EHO www.wcsmith.com

Meadowbrook Run

\$300 Off 1st Month's Rent* 2BR Special*

- Free Application Process with this ad

- Convenient to Congress Heights Metro
 Some Units Include Heat

William C. Smith & Co. www.wcsmith.com *Call for Details

Well Kept Secrets in Southeast DC

Oxon Run Manor

A Gated Community w/ Controlled Access and Private Enclosed Parking 4th & Miss Ave. SE

1BRs \$784 - \$835/mo

REDUCED SEC. DEP. For Qualified Applicants. Ask About Future Availabilities.

Spacious, Well Designed Effcy, 1 and 2 Bedroom Apts.

UTILITIES INCLUDED

MARBURY PLAZA

Minutes from VA, Downtown DC,395 & Metro 24-Hour Maintenance Service

888-798-1916 (call for specials)

1 bedrooms from \$1737, Garage parking available, 24-hr Fitness Cntr., Club Room W/ Pool Table, 24-hr Business Ctr, Pet friendly, 24-hr Concierge, Walk to 22 shops & restaurants, grocery store at your front door! 703-379-1886, EHO

SIL SPR/ Acr Fr. Forest Glen Metro One BF garden apts. \$900 **Low Security Deposit**. uti Incld (a/c extra).CALL TODAY! 301-593-0485

apts. Great location! CAC. HW flrs. From \$940. CALL TODAY! 301-593-0485.

1 Mo. Rent Free*

A GREAT PLACE TO

WOODVALE

This beautifully landscaped community features New Cabinets, New Carpet, New Appliances

Call Today for details

Silver Spring—\$1700, 3 br, 1 ba, 3 Fls, 1 Car gar, Flrs, call farone 240-463-5132, farone & associates

1 MONTH FREE*

FREE Gas Card When You Visit!* 1 & 2 BRs from \$1155

24-Hr. Fitness Center Washer and dryer in every apartment Sunny eat-in breakfast nook Convenient public transportation

ASHFORD at WOODLAKE

> (877) 678-8539 www.ashfordatwoodlake.com

Silver Spring- 4BR 3.5BA TH. Swimming pool.Good schls.Sports facility.Call 240-463-8150 or

- 1-BR start at \$600
- 2-BR start at \$695
- 3-BR start at \$950
- HEAT INCLUDED!

ASK ABOUT OUR MOVE-IN GIFT!*

Convenient to shopping, schools and major highways. Dishwasher. Walk-in closets. Wall-to-Wall carpeting.
5% DISCOUNT TO ALL
METRO & DC GOVT EMPLOYEES

Meadow Green Courts

3539 A Street SE lousing Choice Vouchers welcome where rents re within voucher program limits See Leasing Consultant for Details

STAFFORD/LAKEFRONT—Ig wooded lot. 2BR 1BA, SFH, newly remod., \$995/mo/OBO. 703-930-3752 or 540-752-4825

SUITLAND

\$100 off 1st Month! 1 & 2 BRs from \$750 SPECIAL LOW DEPOSIT! **UTILITIES INCLUDED!**

SILVER HILL APTS. Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site Free parking

SUITI ΔΝΓ

1-BRS from \$850* 2-BRS from \$950*

301-423-3131

Newly Renovated 2 BR \$1025 **FREE APPLICATION FEE***

ALL UTILITIES INCLUDED 5% Discount to Military, college students, teachers, firemen & police.

Minutes to Andrews, Metro & Shops Pets allowed with restrictions

PINEWOOD CHASE (800) 531-4369 Open Late Tu/Th 10am-7pm *Subject to change without notice

CAPITAL CROSSING

866-204-8061 1BR SPECIAL!!!*

Up to \$300 Off

- 1st Month's Rent

- Newly Renovated Community Spacious Floor Plans Convenient to Metro Available for Immed. Occupancy

William C. Smith & Co. www.wcsmith.com *Call for details

Eagle's Crossing

2 Months FREE* 1 & 2 BEDROOM APTS.

Park-like Setting. Emergency Maint Wall-to-Wall Carpet . Walk-in Closets Central Laundry Facils .Dishwasher

> 5% DISCOUNT TO ALL METRO & DC GOV'T EMPLOYEES (866) 416-1325

116 Irvington Street SW OPEN SUNDAYS 11-3 Housing Choice Vouchers Welcome First & last month of a 12-month lease.

TAKOMA PARK—Beaut. parklike setting, ALL UTILITIES INCLUDED 1-BR from \$825. CALL TODAY 301-891-2270.

WINGATE TOWER & GARDEN APTS

IMMEDIATE OCCUPANCY FOR Eff - 5 bedrooms \$700-\$1600

WE HAVE EVERYTHING All we need is YOU...

Gated Community, Security onsite

Onsite Medical center

Handicapped Accessible Units

Swimming Pool & Playground

Girl Scouts After School & Summer Programs

Move in by Sept 1st you could get \$100 Towards Gas or Flash Pass each month for a year. OR A chance to win \$5000 Off your 2009 Rent!

Call or Stop in and ask for details about more specials! (202) 563-2651

4660 MLK JR. AVE, SW. WASHINGTON, DC 20032 Monday – Friday 8:30 am -5:00 pm Sat 10:00am-5:00pm

BELFORD TOWERS APARTMENTS

Has Spacious

Starting @

Nove in betwn Sept. 15,2008 & Sept. 30, 2008

www.beaconmanagement.com
Pricing & Specials are subject to change. Specials are applied to selected floorplans

Blow Out Specials! 1BRs from \$850*

- **ALL UTILITIES INCLUDED**
- Upgraded kitchens
- Large floor plans Walk-in closets

Minutes to shopping and Metro **New Parkway Apts** 866-370-5749

Alexandria - Fairfax County—Housemate wanted! \$800+util. FOR U: 2 br, prvt ba, lvng rm. Share kitchen laundry. Pix avail. 703-489-6071

Prvt entr & BA; cac; w/d; lrg yd; n/p; avail now. \$691 incl ph/utils/cbl. Metro. **301-530-8947**

BOWIE- furnished room in exec style home, cable, internet, \$650/mo+security deposit.
240-463-4797

BOWIE — prof NS Female, sh TH, BR w/priv bath, \$600+1/3 utils. 240- 472-6942

202-664-7045 BURKE TH to shr. N-smkg. no pets. 1BR w/pvt bath \$625 + 1/3 utils + sec dep. Nr Metro. 703-425-5666

- In Thomas Circle
- Beautiful Brick Building Spacious Apartments Renovated Kitchens Hardwood Floors

N.W.-Quaint 1BR, \$795+utils. Walk to Metrorail & shops 202-271-2741

*One Month Free Rent Newly Renovated Units Secured entry doors Wall-to-wall carpet Central A/C & Heat Dishwasher/Garbage Disposal Free Parking On-Site Laundry

Metro Rus at Front Door

OXON HILL / SUNRISE GARDENS 1001 Marcy Ave. Very Irge 2BR/1BA w/balc. \$895. 703-474-3977

Rocklin Park 708 Lenmore Ave. Rockville, MD 20852

Great Location Remodeled kitchens Wall to wall carpet Walk to Metro

William C. Smith & Co./EHO www.wcsmith.com

The Residences at

2 Blocks from the Shady Grove Metro Station Easy Access to I-270 and I-495 All the Amenities You are Looking For: Shopping, Dining, Entertainment and More!

or Email residences@bernsteinmgmt. Ask About Our New Fall Special! mt com to

Rockburne Estates

- Spacious Floor Pla Central A/C Dishwasher
- 24 Hour Maintenance

Sterling—\$1350, 2 br, 1 ba, 115 N. College Dr., Sterling, VA, water, garbage, 571-331-0276

- Resident-Controlled Access
 Large Walk-in Closets

3647 6th St., SE **877-819-3121**

202-574-2200

THE BEST VIEW IN THE CITY!

www.beaconmanagement.com Shirlington \$1737 RENT NOW & RECEIVE ONE MONTH FREE!

COME HOME TO!

Mew Cabinets, New Carpet, New and So Much More...

Ceiling fan in kitchen

Tile Entrance Foyer

Washer & Dryer in all homes

Swimming Pool/All purpose court

Wooded picnic areas

Now under new management!

(866) 522-5427

14175 Castle Boulevard

301-430-0816

877-595-7389

2 Bedrooms

\$1099.00

And Receive September Prorate for FREE!I THAT'S RIGHT FREE! For more information call 301-270-6747 or on the web

- 2 BRs from \$999*

Uppr Marl.—3BR, 2.2BA, TH, 4Lvl, \$1700/month. Catherine Holroyd 202-391-2347 / 301-560-6700 x3104

ROOMMATES Alexandria- Near Metro, 1 br/private ba, new furniture, util. incld, no pets. 703-642-1134 or 571-242-1777

ALEX/FT BELVOIR—M to SIII FULL SIII ALEX/FT BELVOIR—M to shr Furn TH. \$690 w/priv

BOWIE - 5mins to Rt.50 & 495, NS, bsmt apt, sep entr, shr kitc, gas fpl, bar. \$875+1/2 utis. 301-429-5199

BOWIE BOWIE Shr upscale elegant hse. 2BR in bsmt. pvt entr. \$1000/mo N-smkg. no pets. Call

Capital Heights—\$575 SM share 3br 3ba Cptl Hghts MD 301-518-5611 cbl, web util incl., parking, furn clean beaut neighbor. near bus to Metro

2619 Naylor Road 866-654-5604

ROOMMATES

Columbia Heights- Furn. 10X10 rm. in older-hse to shr. 2.5 blks to Metro. \$500.Utils Included. Call 202-250-4247

COLUMBIA HEIGHTS/NW—Near Georgia Ave. Nice House to share. \$200/week. Call 301-262-2722

Columbia Hts - Prvt hme. Shr kit/Indry 2 rms w/ prvt BA each. Wlk to Metro. \$275/wk incl utils. Call 202-246-6390

DEANWOOD- share SFH, furnished, n/s, \$500 utls incld. security deposit, near metro. 202-396-1654

FAIRFAX/ Fair Oaks—Non-smkg to shr Th. 1 BR
w/den & balc. \$600 incl utils. Call 703-966-9925

FT WASH-Furn rm. \$150-200/wk.
Beaut home to shr. Bus/Metro. 2 Wks
Free. 301-219-3234, 240-493-6491 Free. 301-219-3234, 240-493-6491
GAITH'BURG—1 Irg rm \$299;hse to shr Male-pref.
No smoking. Near Metro. 301-219-1066
Hyattsville—\$500br, \$800mbrbth, util incl hyattsvl,
male pref, nopets 301-335-1635

HYATTTSVILLE— \$500. 1BR. Shr hse. CAll 240-423-6020, 571-276-5678

LANHAM— Room for rent, hse to shr. Call Iv msg. 301-552-7514 or

301-270-3190 LAUREL —1 Large BR w/pvt BA. \$700, all utils incl, plus cable. tel. internet. Call 240-899-1379

MANASSAS- TH to shr. Lrg furn'd bsmt rm \$575

utils incl.Nr I-66 & Rte.234.N/S. No Pets.

utils incl.Nr I-66 571-264-1156

NE BR furn in Shr 4BR 2.5BA hse. N/S Nr Ft Totten

**Actro caty maid svc \$775 w/util. 202-494-3692 NE BR TUTTI IT SIII 4BR 2.5BA IISE. N/S N/F T IOUE Metro, catv. maid svc.8775 w/util. 202-494-369 NW/14th & Kennedy Medium Sz Rm w/full sz Bed. 5650, cable & utls incl. Shr Lrg LR & kit. 202-291-3858

ROCKV—M shr 4BR TH. Metro/ MC \$600 -dep incl util+catv+net no pets. furnished. 301-424-2789 SILVER SPRING - 2br, 2ba apt to share, W/D, & wireless internet, \$607/mo + utils. Seriously inter-ested Females only call 240-558-3564 & ive msge Springfield—\$900+1/3 utils: LR, BR, BA, loft w, skylts in 4-lvl TH in quiet wooded area, cats ok 703-

Springfield - Furn rm in hse to shr. W/D. \$175/weekly incl utils.5 mins to Metro. Call 703-231-0320

TAKOMA PARK/Silver Spring—F/M to shr. apt. in nice ngbrhd. Nr Metro. \$450. 301-587-8558 or 301-461-6995

RENTALS

Temple Hills— Lrg furn'd rm in SFH to shr. Wlk to subway. \$160/Wk Utils incl. Call 301-399-5090 Vienna—5mn wik to metro \$1200 for 2 BR & prvt bath in Shr TH dog-ok utl cable itrn incl. 202-489-2246

CONDOS FOR SALE

STON \$179,000 LOWERED AGAIN \$6000!! ARLINGTON

Take advance of spacious 1 BR condo. Just a mile to Ballston Metro. Lots of closet space. 3 lights to DC. Ample prkg, pets allowed.

\$239,000 \$5000 FROM SELLER!!

For closing cost or co-op fees! large 716 s.f. 1 BR w/balcony. Hdwd firs. 2 block Rosslyn Metro. Walk to Georgetown, too!

LOWERED \$50,000!!

Single family home for a condo price!! Walk to Virginia Square Metro. 3 BR, 2 BA home in historic Cherrydale neighborhood. Frpl, wood firs, Berber carpet on lower level, could be (possible pop-up)!!

ARLINGTON N \$325,000
Largest effcy flr plan in avail in the Continental. 2
blks to Ballston Metro. Open kitchen w/breakfast
bar. W/D in unit.great closet space incl garage space

Marion Cloud Real Estate & Insurance 703-314-7033

www.marioncloud.com Keller Williams Realty The Marshall Agency Insurance

Greenbelt \$169K Spacious 2br + den condo Granite counters, SS appli new hdwd flrs, freshly painted w/ new bath/kit fixtures. 301-343-4236

HOUSES FOR SALE

BOWIE- \$309K Way Below Market Updated 5 BR Colonial w/ 2 Car Garage, Granite Kit., New hardwood flrs., large Corner Lot 301-343-4236

BOWIE—\$218,9003LVI 3BR, 2.5BA, End Unit TH W/dk.Nr.Bowie Twn Cntr. Catherine Holroyd. Exit Premier RE 202-391-2347/301-560-6700 x3104

RENTALS



CARMEL

Vienna Metro APARTMENTS



BRAND NEW • Premier 1 and 2 bedrooms from \$1700

Steps to Vienna Metro • 42" Flat screen TV in every home

CarmelViennaMetro.com • 1-866-918-1032 2975 Hunters Branch Road • Fairfax VA



BOWIE 6 ACRES- Newly renov hm,10BR 5BA fenced yd,3 car garg \$699,000 **301-343-4236**

CATTLE FARM FOR SALE IN VIRGINIA owner financing, only serious intent and financially stable people need to call. 707-372-0387

CHESAPEAKE BEACH/8170 DEER CHASE LANE— 3BR/2.5BA, 3 story Townhome, 1 mile fr peake Bay, \$310,000. Call **410-286-3117**

GREENBELT \$239K-Story TH, 2BR, 1.5BA, newly updated, new kit, granite tops, SS appls, new hwd firs, bath fixtures, fresh paint, carpet. 301-343-4236

LAUREL-\$259K-Newly renov 3 BR 2.5 BA TH, fin bsmnt,new hdwd firs, gran kit, new appli,6926 Scotch Dr. Clsng help, quick settlmnt 301-343-4236

SW—1BR, upgrded condo in gated comm, off street prkg. Owner assist in closing cost. 301-753-8291

WE BUY HOUSES ANY PRICE OR CONDITION Do You Need To Sell Quickly? WE BUY HOUSES FAST FOR 20 YRS

Cash, No Contingencies, No Commission, No Fees You Save \$. Buying in Maryland, DC & Virginia. Brian, Re/Max 2000, 301-996-9695 www.ListOrBuyHomes.com Brian@ListOrBuyHomes.com

REAL ESTATE SERVICES

ATTENTION BUYERS VA eligebale \$0 money down.
Debt and closing paid, trouble credit OK. Call
Juliette 540-295-2407 Keller Williams Reality

Foreclosures & Fixer-Uppers in NO. VA. Call 24 Hrs for a Free List, 703-383-6163. Prudential Carruthers Realtors

HOME BUYING SEMINARS
Thur, September 18, 7 p.m.
Sat, September 20, 9:30 a.m.
Christina Koch 301-633-8556
Gerald Garcia 301-537-0000

Get info: www.CkSellsHomes.com

LOANS—All purposes. Bad credit OK. 35 yrs in business. 202-223-4581

STOP PAYING RENT/OWN Grants up to \$15K. \$40K Income Required.
All credit Considered Larry 240-381-1641

WALDORF—LRGE 2 BR/1 BA Bsmt, clse to Mall, quiet area,util incl. aail now-\$1150 aval now 202-731-7838

COMMERCIAL REAL ESTATE

1629 K St, NW.—Join 600+ entrepreneurs. On demand ofcs, ph, mail, Net, incubator, other svcs. Plans \$55-\$200/mo. OSI **202-835-0680**

19,000+ sqft of fenced gravel Lots
19,000+ sqft of fenced, gated, gravel lots avail.
Near Shady Grove Metro. Call (301)921-4047 for showing.

CARS

BMW 2006 330 — i, \$27,680 obo, Excellent cond, 16k mi, prm & cld wthr pkg, wrnty, Black int, Silver ext, 4 dr, Htd Seats, 703-622-3103

Ford 1989 Mustang — \$4,800.00, Excellent cond, 170k mi, Black int, Silver ext, 2 dr, Lthr Int, CD, PL, 240-375-3214

Honda 2002 Odyssey — EX-L, \$8800, Excellent cond, 125k mi, Navig, DVD/VHS, 3 wireless head-sets. Beige int, Gold ext, 443-253-9010

JUNK VEHICLES REMOVED FREE CASH PAY FOR ALL 202-714-9835

LEXUS 2000 LX 470 - V8. 4X4.1 owner immaculate, 105K mi, loaded, pearl, tow package. \$16,900/OBO. 540-746-3946

MERCEDES 2000 ML320—Pristine & luxurious. Allpwr w/sunrf., dark blue, pwdr blue lthr, MD insp., \$10,900. 301-996-6062

MERCEDES 1982 240D— Perfect cond. Records kept yrs. Clean, gar kept, low mil, inspected, \$4750/obo, 301-602-5121

VW 2001 JETTA WOLFSBURG — 1.8 T. white, sunrf, CD, 5spd, excel cond. 51K mi, \$8900. 703-217-CD, 5

5100 GOOD PEOPLE WITH BAD CREDIT

New Test Program For Automob nancing Special Allocation of Fu

✓ NEED A CAR – CALL NOW
Call Mr. Samuals Today • 1-877-877-5557
Laurel Kia Used Cars & Trucks

\$\$\$WILL BUY HONDA ACCORD 1990-1997

"Mystery **Shopper**"

Secretly scoping out new stores!

Styles. Every Friday





expressnightout.com

🔆 TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Barbra sings at an Obama fundraiser | 46



Blog Log: What we don't miss about summer 44

Discussions: J. Freedom du Lac on Metallica 44

Trends

Fitness centers train young customers to exercise like adults

Like many parents, Diana Ennen had trouble getting her daughter Amber to exercise.

So, two years ago, Ennen decided that Amber was going to go to the health club. Now age 10, Amber is using the stair-stepper, lifting hand weights and doing sit-ups on a stability ball.

"She's lost some weight," said Ennen, of Margate, Fla. "Her clothes fit better. You can tell she's firmer."

It may sound like a grown-up routine, but many parents are enrolling their children at fitness centers or buying child-sized equipment for a workout more grueling than ballet or Little League but cheaper than hiring a personal trainer.

Last year, 1.3 million children ages 6 to 11 were members



know their kids can stay active."

CELIA KIBLER, FUNFIT FOUNDER

of a health club, according to the International Health, Racquet and Sportsclub Association.

At Action Kids Fitness Center. with two locations in California, children can take a 40- to 45-minute circuit training workout with resistance machines and cardio stations, including stationary bikes that connect to PlayStation 2. The center also has hip-hop dance, yoga, karate and monthly nutrition classes.

"We really pride ourselves on the energy and excitement we put into making fitness fun," said Steve Ewing, the center's co-founder. "We don't want them to be thinking they are overweight and obese. We want them to acknowledge that moving is fun."

The circuit workout at Funfit Family Fitness Center in Rockville, Md., has a tot-size exercise bike, an air-stepper and hydraulic-strength training equipment. Kids and parents can also use personal trainers together or take classes including voga for tots.

Such workouts are a long way from riding bikes and playing tag. But in an era of rising childhood



obesity, physical education cut- MOTIVATION TO GET MOVING: Neha Patel, 8, climbs the wall at the kid-friendly Action Kids Fitness Center in Placentia, Calif.

Major Workouts for Minors

backs and a more sedentary lifestyle, children's gyms make sense, said Rosemary Lavery, IHRSA spokeswoman.

Today's parents are busy working and less apt to let their children go outside and play, said Celia Kibler, founder of Funfit.

"Parents need a place where they know their kids can stay active, stay healthy and be in a safe place that's supervised by professional people," she said.

Home play has also received a jolt from video games such as the Wii Fit. With an electronic device called the Gamercize, children can play video games as long as they are stepping or cycling — stop stepping and the video game stops.

Kids become so plugged into the games, they forget they are exercising, said Terry Grim, director of business development for Kick-Start Fitness, the U.S. distributor of the Gamercize. He said about 3,000 Gamercize devices were sold in the last quarter.



Stephanie Ochoa, 32, of San Action Kids Fitness Center owner Steve Ewing helps Nathan Soneja, 8, do a pull-up.

Antonio, bought the Wii after noticing her children would rather play video games than ride bikes.

"At first, I limited playtime and forced them to be active," she said. "It did not seem right, so I settled on a Wii. I purchased a Wii Fit for myself, and my kids use it more than I do. It really gets their heart rates up."

Video games make teens believe fitness is "hip and cool," said Alyson Stoner, a 15-year-old actress who stars in the "Get Fit With Alvson" Web series and the Wii Fit's "Get Wii Fit With Alyson."

While experts agree that any fitness is better than nothing, they aren't so sure this is the answer.

Children shouldn't be playing video games in a musty basement, said Tony Sparber, who runs New Image Weight Loss Camps.

"In the '50s and '60s, kids were playing, and they were playing outside," he said. "We didn't have all these concerns about overweight, out-of-shape kids." MEGAN K. SCOTT (AP)

nightout

>> EXPRESSNIGHTOUT.COM

FOOD & DRINK

Steal the Deals

It's that same old inner conflict: You want to eat out, but you need to pay the rent. We're here to help. Our new Hot Deals section has coupons for local restaurants that you can print and take with you - or, skip the clipping and have them sent to your cell. Get more at Expressnightout.com/hotdeals \mid online now





Tips and Free Tickets

A brand-new service starts today: the Express Night Out Newsletter. Not only can you find out about can'tmiss happenings, but you can also enter to win tickets to hot local shows, like Kathy Griffin at Constitution Hall. Sign up at Expressnightout.com/newsletter by 10 a.m. to get this week's edition. ONLINE NOW

Take Your Pixels

Want to get a copy of this newspaper that will never leave an ink stain? Sign up for our Express in Your Inbox newsletter, which will slip a link to an electronic copy of the paper each morning neatly into your e-mail queue. Sign up at Expressnightout.com/newsletter. | ONLINE NOW



comment board

This is a realignment of the wealth in the world. Hold on tight, and don't let go unless you are making a profit for using your money."

COMMENTER CONCERNED, WHO ADDED, "EVERY 10 TO 15 YEARS, IT SEEMS WE HAVE THIS REAL ESTATE BOOM AND THEN THE BOT-TOM FALLS OUT."



Worried? No. My advice is to not put all your savings into the hands of one institution."

COMMENTER NANCY, WHO ADDED, "DIVERSIFY YOUR SAVINGS AND ALWAYS MAKE SURE ANY INSTITUTION YOU DEAL WITH IS FEDERAL-LY INSURED."



"I'd be concerned if I had to dip into

savings in the very near future. Other than that, my attitude is, 'This, too, shall pass."

COMMENTER BRAD2, RESPONDING TO TUESDAY'S POLL CEN-TER QUESTION, "AMID THE FINANCIAL CRISIS, ARE YOU CON-CERNED ABOUT THE SECURITY OF YOUR SAVINGS?"

policenter Yesterday's Results as of 5 p.m.

AMID THE FINANCIAL CRISIS, ARE YOU CONCERNED ABOUT THE SECURITY OF YOUR SAVINGS?

ES 56%



"Herds of seersucker and sundress wearing nimrods in the middle of the street with red Solo cups trying to board a bus to Somewherefest."

YEAHSOIM.COM NAMES ONE OF THE 20 THINGS HE OR SHE WON'T MISS ABOUT SUMMER,



"[On Monday] night, I made the ultimate sacrifice in the name of love. I watched damn near four hours of NFL football."

LIVITLUVIT.COM DOESN'T REALIZE THAT SHE NOT ONLY SAW ONE OF THE BEST NFL GAMES OF THE YEAR ON MONDAY NIGHT. BUT MAYBE ONE OF THE BEST "MONDAY NIGHT FOOTBALL" GAMES EVER



"HE INSTANTLY BECAME the

fantasy dream boyfriend of billions of American teenage girls — and very nearly avoided early tragedy by calling off his engagement to Tara Reid.'

DEFAMER.COM TELLS THE STORY OF FOR-MER RADIO DJ CARSON DALY, WHO WAS CATAPULTED TO FAME WHEN HE LANDED THE JOB OF HOSTING "TOTAL REQUEST LIVE" ON MTV. THE NETWORK "TRL" WILL END ITS 10-YEAR RUN WITH A TWO-HOUR SPECIAL IN MID-NOVEMBER

'It was an audacious

experiment, launched by a group of men both ordinary and extraordinary, and it has been tested many times. But 221 years later, we are still here."

LOC.GOV/BLOG. THE OFFICIAL BLOG OF THE LIBRARY OF CONGRESS, MAKES A STATE-MENT TO CELEBRATE CONSTITUTION DAY. THE DAY THE FOUNDATIONAL DOCUMENT WAS SIGNED IN 1787.

Discussions

J. Freedom du Lac

Washington Post music critic J. FREEDOM DU LAC is online every Tuesday at 2 p.m. ET to talk about the latest on the music scene: alternative, country, alt-country, pop, harp-rock, reggae, reggaeton, R&B and whatever it is that Clay Aiken does.

Any thoughts on NBC's use of "Everyday Is Like Sunday" for its football promo? Reminds me of the Post's coverage of songs used by politicians just for the chorus, not the real meaning of the song.

Very strange, indeed. If you're going to use a Morrissey song for a football commercial, make sure it's the global version of football, with the round, black-and-white ball and the rioting fans, not the smash-mouth

American sport. Can't wait for the NFL to start using a Rufus Wainwright song or something.

You have to admit Metallica's "Death Magnetic" is a significant improvement over its last two to three studio releases. However, is that due to the so-called "career resurrector" Rick Rubin, or Metallica's choice to return to its true metal roots?

Sure, it's definitely an improvement, though the last couple or few albums represent a relatively low bar for that band. It's sort of like a warmed-over take on "Master of Puppets"-era Metallica. Not the most inspired music they've ever made, but it'll do. Rubin might have pushed them in that direction, or he might have just guided them there once they were on the way. It's always tough to tell with him. But he's more of a sherpa than a knobtwiddling type.

Who was that horrible woman who mangled and mauled the national anthem before the "Monday Night Football" game? Note to singers: Do not try to make it your own. ... I. It is not yours, it is all of ours, and 2. You will screw it up like that sad excuse of a singer did.

Kat DeLuna, a pop singer who apparently trained as an opera singer. I agree with you: She would've been better off had she not tried to make it her own. 'Twas rough.

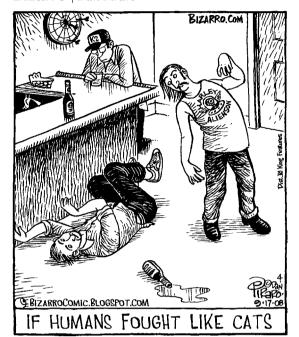
I know you were a huge Celine Dion fan before that show, president of her fan club etc., so it was a surprise to read your review. What turned you, other than the studly poses? Her hair.

TODAY ON DISCUSSIONS:

The experts of the Food Section discuss all things culinary at I p.m. This week they meet the new celebrity chefs in town. washingtonpost.com/discussions.

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Bizarro | Dan Piraro



Cornered | Mike Baldwin



"He's been looking for a job all day. He hopes to find one on TV."

Pooch Cafe | Paul Gilligan

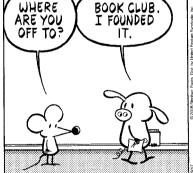


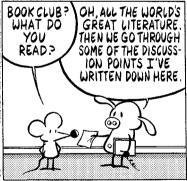


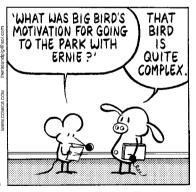




Pearls Before Swine | Stephan Pastis

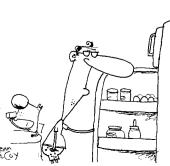






The Duplex | Glenn McCoy







Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) You may be able to trace with remarkable accuracy the roots of your own current behavior. Many questions are sure to be answered.

LIBRA (Sept. 23-Oct. 22) You will be able to guide someone else through a personal obstacle course of sorts, while learning an important lesson or two yourself.

SCORPIO (Oct. 23-Nov. 21) A question of taste is almost certain to arise, perhaps causing a minor rift between you and a friend. It may be time to compromise.

SAGITTARIUS (Nov. 22-Dec. 21) A stroke of luck may find you competing with a rival but on the same team. Now is a good time to bury the hatchet.

CAPRICORN (Dec. 22-Jan. 19) Don't be afraid to ask for what you really want. Remember, however, that you may not be fully satisfied the first time. Don't hack down

AQUARIUS (Jan. 20-Feb. 18) You will be empowered by circumstances beyond your control. Once you take the reins, be willing to assume more responsibility. PISCES (Feb. 19-March 20) You will do best when you are able to take charge of the business at hand. Delegate authority generously but with care.

ARIES (March 21-April 19) Others will notice that you're coming into your own at this time despite any difficulty you may be having with routine affairs.

TAURUS (April 20-May 20) Pressure increases, and you will be expected to accomplish more than usual in a given amount of time.

GEMINI (May 21-June 20) Take some time to do something you really enjoy. The balance of work and play, needs and desires, and enjoyment and hardship must be maintained.

CANCER (June 21-July 22) This is a good day to focus on your surroundings and to make those changes that will serve you well in the days and weeks to come.

LEO (July 23-Aug. 22) You can rely only so much on your appearance and other physical attributes. In the end. you must concentrate more on inner substance.



Vanessa Williams, left, was the first black woman to be crowned Miss America.

Today in History

1787 The Constitution of the United States is completed and signed by a majority of delegates attending the Constitutional Convention in Philadelphia.

1862 In the bloodiest battle day in U.S. history, Union forces fight Confederate invaders in the Civil War Battle of Antietam.

Thomas E. Selfridge, a 1st lieutenant in the U.S. Army Signal Corps, became the first person to die in the crash of a powered aircraft, the Wright Flyer. (The accident, which also seriously injured pilot Orville Wright, occurred at Fort Myer, Va., just outside Washington.)

1920 The American Projession ical Football Association, The American Professional a precursor of the National Football League, is formed in Canton, Ohio.

1983 Vanessa Williams becomes the first black woman to be crowned Miss America.







She wears white to match her teeth.

CREATIVITY

All the Fashion Greats Rely on Crass Literalism

LAUREN CONRAD has revealed some details about the dress she's designing for the Emmy "trophy girls," People reported. The gown will be green (reflecting the award show's theme) and will sport diamond broaches to symbolize the Emmys' diamond anniversary. (EXPRESS)

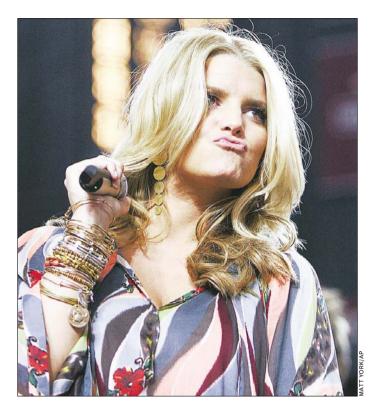
FIRSTS

Hattiesburg, Miss., Finally **Mentioned on This Page**



Rapper WEBBIE was charged with felony eluding, driving under the influence and misdemeanor possession of

marijuana after a high-speed police chase. Webbie was arrested in Hattiesburg, Miss. (AP)



TEXTING

Back 2 Skool

A week of fast and furious text messaging by Weber High School students won a coveted radio station prize — a visit from singer Jessica Simpson. Simpson dropped in at the Pleasant View, Utah, school Monday to the delight of about 1,800 screaming fans. To earn their prize, Weber High students sent 571,795 text messages to Salt Lake City-based radio station KUBL. (AP)

'My Manic **Energy Can Power This** Vehicle!

"Extreme Make-

over: Home Edition" host TY PEN-**NINGTON** found himself out of gas on a Michigan highway at night. Luckily for Pen-

nington, a Monroe woman and her teenage daughter drove by. Diane Grassley said she was drivBy 2050, all cars must run off both gas and Ty.

ing her 16-yearold daughter to a bonfire party on Saturday when they noticed Pennington, and they pulled over

to greet him. "He was so nice and down-to-earth," Diane Grassley said. "He didn't act like his TV persona. He was really calm." (AP)

HONORS

Jon Stewart Deemed **Universal Antidote for Grief**

JON STEWART, Bill Maher and Margaret Cho are among an all-star lineup of entertainers who will honor the late George Carlin at this year's Mark Twain Prize for American Humor. The prize was



announced just before Carlin's death in June. It will be awarded during a tribute performance November 10th

at the Kennedy Center in Washington. (AP)

DISCOUNTS

Buy a Candidate, Get A Singer (Almost) Free

Presidential candidate Barack Obama lured wealthy donors Tuesday with a performance by supporter BARBRA STREISAND. It was to be a two-step evening with a reception and dinner costing \$28,500 a person followed by a later event featuring Streisand at \$2,500 a ticket. (AP)



You can't put a price on this. OK, you can.

5 Day Forecast for the Washington Area









80° / 58°

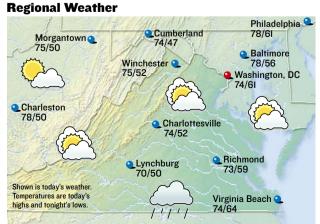




77° / 60°



78° / 62°



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

71° / 59°

Washington, D.C., through 4 p.m. Tues. Temperature

High	76°
Low	68°
Normal high	79°
Normal low	62°
Average humidity	51%
-	

Precipitation

24 hours ending 4 p.m	0.00
Month to date	4.11
Normal month to date	2.03"
Year to date	37.66'
Last year to date	21.64'
Normal year to date	28.40'

washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly cloudy, rain nearby to south, east. High 74. Wind northnortheast 6-I2 mph. Tonight, partly cloudy. Low 61.

Sun and Moon

Sunrise today	
Sunset tonight Moonrise today	
Moonset today	9:22 a.m.



Oct 7 Oct 14

National Weather for Wednesday, September 17 0s H 70s 80s

National Cities World Cities Thur. Hi/Lo/W Today Hi/Lo/W City City 80/65/pc 76/56/s 80/62/s 57/46/c Amsterdam Boston 69/48/s Athens 79/64/nc 77/61/nc Chicago 77/53/s 71/50/s 84/62/s 85/62/s **Buenos Aires** 68/52/s 68/52/s Denver 84/50/s 83/50/s 87/75/s 88/74/s Dublin 59/46/nc 61/48/nc Los Angeles 82/62/pc 84/62/pc Geneva 88/77/pc 89/77/t Moscow 57/39/r 52/39/nc New York City 76/63/pc 74/57/nd 90/73/pc 61/46/nc 66/52/nc Seattle 76/53/pc 72/52/c

cloudy, c-cloud



CROSSWORD | DEAR OLD GUY

ACROSS

1 Melonlike fruit apt for this theme 6 They strike along the Nile 10 The item specified 14 Chapter's partner 15 Without admixtures 16 Prefix with "glycemic" 17 Dental substitute 18 Barely flow 19 Bands of geishas 20 Parental

substitutes 23 Word of urgency 25 It may ring or have a ring 26 Hot stones 27 She's possessive 28 Sign either to talk or to be quiet

31 "About face," e.g. 33 Title not offered to men 35 Times gone by, in

times gone by 36 One with a significant udder? 37 1955 Caron-Astaire film

42 Affront, in slang 43 Pool shot that determines who breaks

44 Bit in a bucket 46 Seeks help from on high

49 Undergrad course he drove out of sight'

52 Above, in poesy 53 Turtledove's sound 55 Depth charge

targets 57 Massachusetts musical ensemble 61 Sticking point 62 Answered a summons 63 Inn group 66 Big Band and others 67 They change every 68 Wembley Stadium borough 69 There's none for the weary 70 An expense homeowners don't have 71 Abandoned pet

DOWN

Lingus

1 Component of

3 Hypothetical, as

financial statements

some nines 2 Irish airline

4 City on the Nile 5 Attended 6 Abbey area 7 "Judge Judy" hopeful 8 Fancy 9 Old photo hue 10 Bible pronoun 11 Type of automobile 12 Allotment word 13 Salad maker, at times 21 Sweethearts or darlings 22 Stomach complaint 23 One who's given the third degree? 24 Reference books? 29 "with liberty and justice for 30 Adored ones 32 Marshy grass stalk

34 Old MacDonald's

song mate?

	-					_								PARKER
1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18		1			19			
		20	<u> </u>		21		1	<u> </u>		22				
23	24		1		t			25		t		26		
27				28	1	29	30			31	32			1
33			34		35	T			36					
	37			38				39		1		40	41	
			42	t	1		43	1	1		44			45
46	47	48				49			1	50		51		
52				53	54				55		56			
57			58			T	59	60						
61					62	T		<u> </u>		63			64	65
66					67					68				
69					70	T				71	T			
57 61 66			58	53	62		59	60	55	68	56		64	1

36 Certain breakfast dish 38 "Saturday Night Fever" music 39 Equine vote? 40 Less appetizing, in a way 41 Separate, as laundry 45 Anatomical foot 46 "M*A*S*H" colonel 47 Bring back on staff 48 Some rock concert sites 49 Thick, creamy

50 Cold War threats 54 Star-filled night in late winter 56 Abstract form prominent in the '60s 58 What father knows? 59 Spilled salt, to 60 Bird sanctuary 64 Stuff in a sequence 65 Swine confines

Yesterday's Solution

⁴B	Е	Е	S		şΨ	s	s	Α	Υ		16 A	R	Α	Т
17E	Α	s	Т		18 _D	1	٧	Α	N		19 Y	0	R	E
	²⁰ S	Т	0	²¹ P	G	Α	Р	м	Е	²² A	s	υ	R	E
²³ C	0	s		²⁴ T	Ε	N				25 L	0	N	Е	R
²⁶ A	N	1	²⁷ T	Α			²⁸ M	²⁹ E	³⁰D	1		31 _D	D	s
32 L	А	Т	Η		33 M	34 	u	R	0	В	35 E			
³⁶ F	L	Е	E	37 _T	1	N	G	G	L	1	М	38 P	"s	⁴⁰ E
			41 _M	Α	L	т	Е	s	Ε		42 M	0	0	N
43A	⁴M	*ం		"ĸ	Α	L	Е			47F	Е	R	М	ı
⁴⁸ P	E	к	⁴⁹ 0	Е				ွင	⁵¹ D	s		⁶² T	Е	D
53 P	А	\$	s	T	۶×	⁵⁵ G	56 _T	н	О	Ų	⁵⁷ G	н	Т	
58 A	N	Α	Т		o	N	-	0	N		60R	0	-	⁶¹ L
⁶² L	-	N	Е		⁸ M	U	N	R	0		⁶⁴ A	L	М	А
											67			-
65 L	E	Α	R		_s E	s	т	Е	R		"D	E	Е	D

© PUZZI ES BY PAPPOCOM

 1 A 2 S 3 T 4 I 5 H 6 A 7 R 8 M 9 S 19 S 11 G 12 T 13 S

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits I through 9. See www.sudoku.com for solution, tips and computer program.

Need more Suldoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

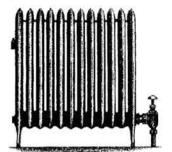
4	5	3	7	1	9	8	2	6
8	6	9	3	5	2	1	7	4
1	7	2	6	4	8	3	5	9
3	2	5	1	8	4	6	9	7
7	9	4	5	6	3	2	8	1
6	8	1	တ	2	7	4	3	5
2	4	6	8	7	5	9	1	3
9	1	7	2	3	6	5	4	8
5	3	8	4	9	1	7	6	2

	2 8	5			8			
	8			4		6		1
		4						
5	3							
		8	7		1	4		
							8	3
						1		
7		6		9			2	
			2			5	2	

PLIBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIF APPLERALIM | FRITOR—DAN CACCAVARO | WER SITE FRITOR—GREG RARRER ART DIRECTOR-SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS-HOLLY MORRIS. MATT SWENSON | ARTS EDITOR-ARION BERGER FEATURES EDITOR-JENNIFER BARGER | SECTION EDITORS-KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT, IAN

HERBERT. CHRISTOPHER PORTER. DUSTIN WEAVER. DARONA WILLIAMS. CLINTON YATES. FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL DESIGN-MARCIA HARDER | COPY CHIEF-AIMEE GOODWIN | PRODUCTION SUPERVISOR-MATTHEW LIDDI | PHOTO ASSISTANT-CHRIS COMBS | PHOTOGRAPHER-MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200





Central air conditioning

for homes with hot water or steam radiator heat

If a home doesn't have forced air heat, installing ductwork for central air conditioning can mean major remodeling and expense. But a Unique Indoor Comfort system doesn't require large metal ductwork or major remodeling. Cool air is delivered through small 2" flexible metal tubing that can easily be woven through walls and ceilings, around studs and other obstacles. All that's visible are small round outlets in every room. What's more, Unique Indoor Comfort offers Lennox high efficiency equipment. Proven in thousands of homes, easy to install Unique Indoor Comfort is the central air conditioning solution for the older home.

> (202) 338-9400 www.washingtonunique.com



Heating and Air Conditioning

259CE 57(



VEET 120 OF THE WORLD'S MOST INFLUENTIAL **BUSINESS SCHOOLS**

> Berkeley | Cambridge | Chicago | Cornell Georgetown | LBS | INSEAD | MIT | NYU UCLA | Washington | Wharton

\$1.2 Million of exclusive scholarships plus funding advice

WORLD EXEC MBA TOUR* - a VIP area for experienced professionals

Washington DC September 18

For a full school list and to REGISTER see:

ba.com \$5 online / \$10 on the day

5pm - 9pm National Building Museum

KAPLAN) VAULT





GEORGETOWN UNIVERSITY

SCHOOL OF CONTINUING STUDIES

Bachelor's Degree

Part-time. Interdisciplinary. Affordable.

Liberal Studies

Follow Your Own Path to Complete Your Degree

American Studies | Catholic Studies | Classical Civilizations | Communications | Ethics and the Professions | Humanities | International Affairs | Leadership | Literature and Society | Religious Studies | Social and Public Policy | Theory and Practice of American Democracy | Urban Analysis and Community Development | Individualized Study

INFORMATION SESSION

Thursday, September 18, 2008 | 6:30 p.m.

Georgetown University Alumni House 3604 O Street, NW, Washington, DC 20057

To RSVP, visit scs.georgetown.edu/bachelors or call 202.687.2800
Now Accepting Applications



prepare

Finish your degree by challenging yourself to explore many areas of study and develop analysis, communication, and research skills. Prepare yourself to change your world.